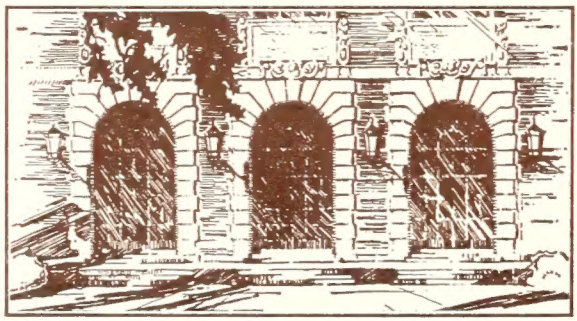


Homemaking Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY JANUARY 1, 1954

How to Remove Candle Wax

URBANA--You can remove candle wax from washable materials by using the method suggested by home management specialist Mrs. Alice Coleman of the University of Illinois.

First of all, use a dull knife to scrape away as much of the excess wax as you can. Secondly, place the stained part between two pieces of white blotting paper--or between paper towels or cleansing tissues and press the area with a warm iron. Change the blotters as they become soiled from absorbing the wax.

Thirdly, sponge the final traces of the stain with carbon tetrachloride. As you may know, carbon tetrachloride is a nonflammable dry cleaning fluid that is sold under various trade names. It is a big help for removing grease and oil stains. The fumes are poisonous if you breathe them too continuously so if you have much of a job to do it is best to work outdoors where the breeze can carry the fumes away from you as you work.

If colored candles leave a stain after you've used the carbon tetrachloride, sponge the area with a solution of one part denatured alcohol diluted with two parts water.

-30-

AJR:mi
12/28/53

404

Homemaking Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 2, 1954

Orange Pecans, Easy to Make and Eat

URBANA--When your holiday goodies run low, make some orange pecans. These sugar-coated delicacies take very little time, but always make a hit with folks who like nuts. And pecans are plentiful this year.

Directions for making orange pecans come from Mrs. Glenna Lamkin, foods specialist at the University of Illinois:

Boil one cup of sugar with one-half cup of water to the soft-ball stage or to 238 degrees Fahrenheit if you use a candy thermometer. Add the grated rind of one orange, two tablespoons of tart orange juice, one-half teaspoon of salt and two cups of pecan halves.

Remove from the heat and stir with a wooden spoon until the sugar crystallizes. Then turn the mixture onto a plate and separate the nuts with two forks, having each nut coated with the orange-sugar mixture.

-30-

AJR:mi
12/28/53

FOR RELEASE SATURDAY, JANUARY 2, 1954

Pecans, Easy to Make and Eat

URBANA--When your holiday goodies run low, make some orange
These sugar-coated delicacies take very little time, but al-
e hit with folks who like nuts. And pecans are plentiful

Directions for making orange pecans come from Mrs. Glenna
ods specialist at the University of Illinois:

Boil one cup of sugar with one-half cup of water to the soft-
or to 238 degrees Fahrenheit if you use a candy thermometer.
ated rind of one orange, two tablespoons of tart orange
-half teaspoon of salt and two cups of pecan halves.

Remove from the heat and stir with a wooden spoon until the
tallizes. Then turn the mixture onto a plate and separate
with two forks, having each nut coated with the orange-sugar

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 4, 1954

Keeping Records Helps Families Spend Money Wisely

URBANA--Spending and saving habits of 141 selected Illinois farm families indicate that account keeping is a first aid in planning for years ahead.

According to Mrs. Ruth Crawford Freeman, specialist in home accounts at the University of Illinois, one group of families among the 141 whose year's outlay of cash was between four and five thousand dollars saved about 20 percent of this amount. Another group whose outlay averaged between five and seven thousand dollars managed to save nearly 35 percent. Items that were counted as savings and investments were life insurance, gains in bank balances, investments in real estate and war bonds, major housing improvements and payments on family debts.

One explanation for the remarkable records established by the Illinois families in the study is that the very act of keeping family accounts probably helps them do a better-than-average job of managing their income.

If yours is a farm family, or if you live in town and have been married less than ten years, you are eligible to participate in the University's study during 1954. Your records will be a valuable tool in working out a money management plan. They will help, too, in making out income tax forms for next year. Ask your county home adviser for more information; or write to Home Economics Extension, University of Illinois, Urbana.

-30-

AJR:mi
12/30/53

Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 5, 1954

Prevent Cracked or Too Rounded Cakes

URBANA--When baking a cake, it is a discouraging nuisance if the tops of the layers crack, or are rounded too much. When this happens, it is not just a matter of having "bad luck." It is more likely caused by something that you can prevent the next time you bake.

Food specialists at the University of Illinois list four possible causes of lop-sided and cracked layer cakes in their "Trouble Chart" for cakes that don't turn out as expected.

They suggest, first of all, that you check your measures of ingredients. Too much flour can cause cracked and rounded tops, and so can not using enough liquid. According to the specialists, measuring ingredients accurately is one of the most important steps in making good cakes.

A third point to watch when you mix your next cake is to not mix the better too much after you add the flour. Mix only until well blended, that is until the batter no longer has a granular, lumpy, or pasty texture.

Lastly, ovens that are too hot at the start of the baking period can cause cracked or too rounded layers. If you wish to use cake recipes that don't give exact baking temperatures you'll be safe in baking a white layer cake at 365 degrees Fahrenheit, and rich chocolate or devil's food layer cakes at 400 degrees Fahrenheit.

-30-

AJR:mi
12/30/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 6, 1954

Peanuts and Peanut Butter Are Nutritious Favorites

URBANA--Peanuts and peanut butter are favorite foods with folks of all ages. And what mother isn't wise to the fact that youngsters will seldom refuse a peanut butter sandwich?

That's why it is good to know that during January peanuts and peanut butter are among the Plentiful Foods listed by the U. S. Department of Agriculture. So be sure they are on your market list when you next go shopping.

In addition to the fact that they are so good to eat, both peanuts and peanut butter are good for you. They are rich in protein and food energy, and they contain three of the B Vitamins which we need for steady nerves, good appetite, and general well being.

A long list of foods team up with peanut butter as partners for sandwiches.

Food and nutrition specialist Geraldine Acker, of the University of Illinois suggests that you try sliced oranges on your sandwich. Or mix the peanut butter with orange marmalade, chopped dried fruits or fruit jam. Vegetables add a perfect crisp note to peanut butter--try chopped celery, grated carrots or minced green pepper.

-30-

AJR:mi
12/21/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 7, 1954

Make Sturdy Aprons for Kneeling Jobs

URBANA--A leaflet describing "Aprons for Kneeling Jobs" is a perennial favorite among homemakers who sew. The Home Economics Extension Service at the University of Illinois once again reminds you that these aprons can help make your work easier, both indoors and out.

One of the aprons shown in the leaflet has a pocket made so that it can be unbuttoned and turned inside out to cover the knees when you kneel. When the kneeling job is finished, fold up the pocket, fasten it, and you have a handy place to tuck away small items that might get lost. If you line the pocket with plastic material it will protect your knees from soil and dampness, and can be washed easily.

The other apron is a "knicker apron." It has a divided front, and each front strip is held in place with fastenings behind the knees. The outside of the pads over the knees may be covered with waterproof, washable material.

Directions on the leaflet are complete enough so that you can make your own patterns for the aprons.

For your copy, of "Aprons for Kneeling Jobs" write to the University of Illinois, Home Economics Extension Service, 206 Bevier Hall, Urbana, Illinois.

-30-

AJR:mi
12/30/53

Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 8, 1954

Herbs for Beginners

URBANA--If you would like to use herbs in your cooking but don't know how to start, why not concentrate on the six kinds that French cooks are said to favor? In using them, remember that seasonings should bring out the flavor of the food. The taste of the herb itself should not stand out so it can be recognized.

Experiment with pinches of these six seasonings--rosemary, sweet basil, sweet marjoram, tarragon, thyme and chervil.

Rosemany has a spicy odor and gives special character to poultry, stews and sauces. Sweet basil has a cloverlike flavor and is often used instead of pepper in tomato and cheese dishes. It is also used to improve the flavor of green salads, shrimp and egg dishes.

Sweet marjoram adds new flavor to potato salad, creamed potatoes and string beans. It is especially good with veal and liver, in herb butter, on cold roast-beef sandwiches, in egg dishes and meat, and in poultry stuffings and soups.

Tarragon has its own peculiar sweet taste, resembling licorice, and is good in green salads, salad dressings, salad vinegars, fish sauces, tartare sauces and some egg dishes.

-more-

FOR RELEASE FRIDAY, JANUARY 8, 1954

Herbs for Beginners - 2

The leaves of thyme have a strongly herbal, pungent taste and are usually blended with other herbs and used in meats, in poultry stuffings, gravies, soups, egg dishes, cheese and clam chowder.

The chervil plant is said to resemble parsley in the way it grows, while the taste of leaves and flowers is similar to that of tarragon. It is used in salads and salad dressings, in omelets, soups and stews.

For more information on herb cookery, and for instructions for raising the plants, write for a copy of the U. S. Department of Agriculture's bulletin called Savory Herbs: Culture and Use. Send your request to the Home Economics Department, University of Illinois, Urbana.

-30-

AJR:mi
1/4/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 9, 1954

Does Your Medicine Cabinet Need Attention?

URBANA--Your medicine cabinet needs "first aid" if it is typical of many of its brothers this time of year. It's not safe to let it groan under the weight of medicines your family no longer uses. Get rid of them; they may cost a life if they are taken accidentally.

Pauline Brimhall, a University of Illinois health education specialist strongly recommends that if you must keep poisons or dangerous drugs, such as sleeping pills and other sedatives, you should keep them in a cabinet that is separate from the much-used medicines. If the cabinet is where it can be reached by children, fasten it with a latch or lock that children can't open.

The National Safety Council says more than four-fifths of all fatal accidental poisonings occur in the home. About one-third of these poisoning victims are children under the age of four years.

As you inventory your medicine cabinet you will proabably find you need to replenish certain supplies. It is a good idea to buy an extra bottle of antiseptic and some burn ointment, recommended by your doctor,for the kitchen. Then you'll be able to treat cuts and burns promptly without going to the medicine cabinet. Treating burns quickly usually lessens the pain and speeds healing.

-30-

AJR:mi
1/4/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 11, 1954

Fabric Finishes Dictate Their Care

URBANA--The variety of special finishes put on today's fabrics call for more thought before washing but require less work in the laundry process than materials of ten or even five years ago. So says textile and clothing specialist Edna R. Gray of the University of Illinois.

Many cottons with special finishes should be allowed to drip dry. Cottons that have been "plasticized," "taffetized" or otherwise given a crisp surface finish should be handled so that their smooth surface will not be cracked or broken. If you were to put them through the wringer of your washing machine you would cause wrinkles that could not be removed even by ironing.

If a cotton has a pressed-on design, handle it quickly as you wash it to guard against losing the design. Two minutes are about the longest length of time you'd ought to have it in the water, and the water should be a bit on the cool side, says Miss Gray.

When it comes to ironing dark colored linens and cottons, remember they will shine if you press them on the right side. If you have already made this mistake, you can correct it by relaundering.

-30-

AJR:mi
1/6/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 12, 1954

Ways to Use Popcorn

URBANA--Make your corn-popping sessions more fun than ever by trying the recipes worked by B. L. Weaver of the University of Illinois' Horticulture Department.

One of the many possibilities is caramel corn. You can make it by the two-pan method and get a product similar to the commercial corn, or else add the ingredients for the caramel right to the popper if you have a heavy metal one, with a stirring device, so it will cook while the corn is popping.

To make three quarts of caramel corn by the latter method, add 3 tablespoons of lard and 1/2 teaspoon each of vanilla and salt to a heavy six-quart metal popper with a stirring device and heat until the lard is smoking hot. Then add 1/2 cup of granulated sugar and 1/2 cup of popcorn. You will need to stir the mixture constantly, and when the popping slows down, remove the popper from the fire to prevent scorching.

For making plain popcorn, Weaver advises that it is best to add the fat and salt at the time of popping. They become more evenly distributed with the corn this way. The two exceptions are butter

-more-

and margarine, which should be added after the corn is popped, as they tend to stick and brown in the popper. You may use a variety of other fats: vegetable fat, lard, or even bacon or poultry fat if you like those flavors.

Use a pressure cooker or other heavy metal pan with a tight cover instead of a popper if you wish. You need not stir the corn if you remove it from the fire just before it finishes popping. There will be enough heat to finish the popping, and the corn won't scorch. If your corn doesn't pop well it may be either too wet or too dry, and both cases are easy to correct.

If you want to learn how to make better popcorn, write for a copy of Professor Weaver's "popcorn recipes." This mimeographed publication is available from the Extension Editorial Office, 330 Mumford Hall, University of Illinois, Urbana.

-30-

AJR:mi
1/6/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 13, 1954

Should You Freeze Chicken Now?

URBANA--Put some chickens in your freezer if you are a farm family with a flock of your own. The farm prices for chickens is at a seasonable low, so you'll be ahead if you freeze your low-producing and nonlaying hens rather than sell them. This advice comes from Emer E. Broadbent, marketing specialist at the University of Illinois.

However, if you don't raise chickens and have no direct contact with a producer who might give you a special price for them, you will not be making the most economical use of your freezer space if you freeze many chickens. Broadbent says the prices for chickens at the regular retail stores have not varied more than five or six cents during the entire past year, so you wouldn't be saving money to freeze chickens you buy at retail prices.

There is a convenience, though, of having a chicken or two in the freezer for unexpected company dinners and for those extra busy days the year around. If you want to freeze some, whether it be for economy or for convenience, you'll find helpful directions in a leaflet available from the Home Economics Extension Service, University of Illinois, Urbana. When you write, ask for "Chicken in the Freezer."

-30-

AJR:mi
1/8/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 14, 1954

Help for Parents of Preschoolers

URBANA--A child's preschool experiences, and the way he feels about them, have a lot to do with the kind of grown-up he will be. Those who have studied the preschool period and its effects on latter personality, continually stress that each child has to be understood and treated as an individual. As parents well know, this calls for all their natural wisdom plus all they can learn from study and observation.

Child development and parent education specialist Margueritte Briggs of the University of Illinois says even though children differ in their emotional temperament and their rate of mental and physical development, their development will follow the same general patterns, and parents can apply certain guiding principles to all of them.

Miss Briggs dicusses some of the common challenges parents must meet in the early years, in her new circular called "Your Child, the First Six Years." For your copy, write to the Home Economics Extension Service, University of Illinois, Urbana.

-30-

AJR:mi
1/8/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 15, 1954

Safety Features in Housedresses

URBANA--Keep safety in mind when you choose a housedress. Many accidents are caused by clothing that is not suitable for work.

Your chances of taking a fall, for instance, are much increased when the skirt of your dress is either too narrow or too full. In general, moderately full gathered or gored skirts give enough fullness for kneeling and stooping says Fern Carl, clothing specialist of the University of Illinois. Keep the hems of your dresses securely stitched to be sure you won't get your heels caught in them.

Housedresses can be pretty and dainty without having long sashes or ties that dabble into things or get hooked on knobs or handles of equipment. If you like pockets, you'll be safer if they are placed so they won't bulge out and catch on to things. The sleeves of your dress can also be a hazard to safety if they are too full, too wide or too long.

If you like the feel of leisure that goes with wearing your housecrobe to prepare breakfast, you may be asking for trouble if the robe is made of a material that is highly flammable such as quilted cotton or brushed rayon. Another practice to avoid, for safety's sake, is the habit of using a corner of your dress or apron as a pot holder.

-30-

JR:mi
/11/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 16, 1954

Home Economics Exhibits to Feature Consumer Interests

URBANA--Write some time for exhibit viewing into your schedule when you attend Farm and Home Week at the University of Illinois, February 1 through noon of February 4, in Urbana. Exhibits planned by the home economics department will be shown in the lower gymnasium of Bevier Hall from noon to 5:30 p.m. on Monday and from 9:00 a.m. to 5:30 p.m. Tuesday and Wednesday.

The exhibits are to be tied to the central theme of consumer information. The home management division, for example will show different kinds of mattress construction plus samples of lamps for the home that do a good job of lighting and are in good taste.

A display prepared by the child development division will point up the fact that "Family relationships are a consumer problem, too," and families realize they need help in that area as much as in any other. A list of bulletins and other literature to help with problems in family relationships will be available to persons who visit the exhibit.

Equipment for preparing foods in quantity--chiefly measuring equipment--will be shown by specialists in institution management. They plan to emphasize the need for standardized recipes when cooking foods in large amounts, as you might do at a church supper or banquet.

You'll find many other phases of homemaking represented in the exhibits. These will include frozen food products, consumer problems in buying foods, housing, health, fabrics, rural recreation and home economics education.

-30-

AJR:mi
1/11/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 18, 1954

Wash Curtains Often But Go Easy On The Stretch

URBANA--Cotton curtains will wear longer and look better if you wash them every six to eight weeks, and if you don't stretch them too much when you dry them on frames.

Reasons for these recommendations are given by textiles specialist Florence King of the University of Illinois' home economics department.

Miss King points out that since cotton is a cellulose, or plant fiber, the sunlight at your windows cause it to deteriorate. Many homemakers have had the experience of laundering cotton curtains after they have been used for a long time, only to find that holes came into them during the laundering process. Miss King says if you launder cotton curtains frequently you will overcome this deterioration to some extent.

If you use stretchers for drying cotton curtains--(this applies to rayons too), don't attempt to stretch them to their original size. All cotton curtains shrink during laundering, and tests show that high-tension stretching will break the yarns, even in new fabric.

To save damage of this sort, Miss King recommends that you make allowance for 5 percent shrinkage when you buy or make curtains, and that you adjust your stretchers to allow for shrinkage. The amount will vary with successive launderings.

AJR:mi
1/13/54

-30-

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 19, 1954

How to Freeze Eggs

URBANA--Eggs are easy to freeze and are extremely satisfactory if you take certain precautions when preparing them. Start with eggs that are strictly fresh and clean. Break each egg individually into a small dish and check on its appearance and odor before you add it to a mixing bowl.

That's the first suggestion from Dr. Frances O. Van Duyne, foods research specialist at the University of Illinois home economics department. Dr. Van Duyne's research shows that frozen whole eggs are satisfactory for use in any recipe that calls for whole eggs. If the whites are frozen separately, they can be used in making angel-food cakes, meringues, cake frostings and souffles. Use yolks for gold cakes, custards and salad dressings.

To freeze whole eggs, mix them thoroughly with a fork or beater or in an electric mixer at low speed, but avoid whipping in excess air. Put the egg mixture through a sieve. For each cup of mixed egg, add either 1 1/2 teaspoons sugar or 1/2 teaspoon salt. Stir until dissolved, and pour the egg mixtures into freezer containers. Of course, you'll want to use the eggs to which sugar has been added for baked products and desserts. If you add salt to the mixture, you may need to use less salt than a recipe calls for to keep your product from being too salty.

Dr. Van Duyne's sheet of directions for freezing eggs includes suggestions for packaging and thawing them. For your copy, write to the Home Economics Department, University of Illinois, Urbana.

-30-

AJR:mi
1/12/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 20, 1954

Fire-Resistant Children's Clothing A Wise Buy

URBANA--The recent death of a six year old girl whose clothing was set afire by a lighted gas burner illustrates well that fire-resistant children's clothing is a wise buy.

Such clothing usually costs somewhat more than non-treated items, says Miss Edna Gray, clothing specialist at the University of Illinois. But the additional safety is worth many times the extra cost.

How long will such fire-resisting treatments last? A lot depends upon how hard you scrub your clothes and the kind of washing method you use, says Miss Gray. Usually, the material will stand no more than 10 or 12 launderings before losing its fire-resistant qualities.

This means, says Miss Gray, that children still need to be kept away from fire. Don't be lulled into letting them play carelessly around fire merely because their clothing was fire-resistant when new.

Textile manufacturers would like to make all their materials fire-resistant. Public demand for materials "at a price" forces them to continue producing some untreated materials or materials inadequately treated, though. As more people insist on fire-resistant clothing for children, says Miss Gray, the cost of treatment will probably be lowered.

Your guide to fire-resistant clothing is the label. Read it carefully to determine durability of the finish and whether the garment meets your safety needs.

-30-

GLM:mi
1/15/54

Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 21, 1954

We Need to Eat Fat for Tip-Top Health

URBANA--When the average American decides to cut down on calories, he often concentrates on limiting the amount of fat he eats. He knows fat has more than twice the caloric value of protein or carbohydrate, but he makes a mistake to overlook its other important values.

Nutrition research specialist Alice Forsythe, of the University of Illinois, says an adequate diet for a normal person will include at least a moderate amount of fat. Here in America, so many sources of fat are readily available in common foods that a deficiency is not likely to occur except on some strange reducing or therepeutic diet.

Research workers who are investigating the role of fat in nutrition tell us that different fats contain small amounts of "essential fatty acids," which the body can't manufacture. These essential fatty acids are believed to be necessary for a healthy skin. Fat also helps the body absorb the fat soluble vitamins--A, D, E, and K. These vitamins are either contained in the fats or are carried with the fat after being absorbed from the other foods that are eaten. By traveling with the fat, the vitamins are readily distributed to the places in the body where they are needed.

Besides these functions, fats have appetizing flavors and odors which stimulate the flow of digestive enzymes. This is turn influences the utilization of all the food eaten. Fats also have what is called "staying power" or "satiety value." A reasonable amount of fat in a low calorie diet will keep you from feeling hungry for a longer period after eating.

-30-

AJR:mi
1/15/54

Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 22, 1954

Facts for the Cook

URBANA--Have you heard about the "time versus money" experiment carried out by home economists of the U. S. Department of Agriculture? They have some answers to the old questions of how much time a homemaker saves and how much more meals cost when she buys baked goods, canned and frozen items and other foods that are partly or wholly ready to serve.

It took only one-fourth as much time to prepare two sets of menus using ready-to-serve foods as it took to prepare the same menus when the cook did all possible work herself. However, so far as cost was concerned foods cooked from the raw state, baked goods prepared at home and other food items requiring a minimum amount of commercial processing cost a third less than ready-to-serve foods plus cooking costs.

The department's home economists concluded that the saving in time was worth the added cost. There is, of course, a considerable amount of difference in the relative emphasis different families put on saving time and saving money. Even though it is always desirable to save money, some homemakers can't regularly spend so much time on fully home-prepared meals without neglecting other duties more important to their families. Homemakers employed outside the home might reach the same conclusion. At the same time those with more time to spend might prefer to do more home food preparation to cut costs.

-30-

AJR:mi
1/18/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 23, 1954

Farm and Home Week to Help Consumer Meet Her Problems

URBANA--As a homemaker and general manager of the family, you should find your job easier if you attend Farm and Home Week at the University of Illinois February 1 to 4.

Lulu Black, assistant state leader of home economics extension, who is chairman of the program committee for homemakers, says the talks and demonstrations will follow the central theme: "Relationships are improved when the consumer meets her problems."

Monday afternoon, February 1, R. A. Jones of the Illinois Small Homes Council will tell about "Family Reactions to House Plan Changes in the Space Laboratories." On the same afternoon, Dr. J. Charles Jones and Dr. J. Richard Suchman, child development and family relations specialists, will present "The Emotional Climate in the House: Fresh Varied Winds, Showers Ahead." Cooperating with them will be a group of Champaign high school students in a play about "two teen-aged girls who were tempted to embark on an unwise escapade and how the attitude of their parents influenced their final decision."

Tuesday morning Dr. John Ordal, specialist in food technology, will explain the place of detergents in the home laundry and kitchen.

-more-

James L. Fox, Fox DeLuxe Foods, Inc., Chicago, will stress a woman's responsibility regarding the pure food and drug laws.

"A Look Through a Rear-View Mirror" with Mrs. Haven Smith, first vice president of the Associated Women of American Farm Bureau Federation, is scheduled for Tuesday afternoon.

Wednesday morning Dr. Jules Labarthe, senior fellow of the Mellow Institute of Industrial Research, will speak on "Good Consumership Only Begins with Buying." He will stress the responsibility of consumers in buying textiles. Jeanne Paris, director of home economics of the Kroger Food Foundation, will give her views on the place of prepackaged food in the home.

Wednesday afternoon Ruth M. Beard, Ohio State University home equipment specialist, will discuss 1954 styles in equipment.

The final homemakers' session on Thursday morning will be a triple-header. Mrs. James Graham, home safety chairman of the Illinois Home Bureau Federation, will announce the counties to receive Safe Homes recognitions. There will be a talk on "Shortcuts in the Kitchen to Save Time" by Jean M. Vertovec, manager of the home economics cafeteria. Then, to round out the week's "consumer" theme, Mrs. Ruth C. Freeman, family economics specialist, will lead a panel discussion by three married couples on "What Influences Family Financial Decisions?"

Members of the panel will include Mr. and Mrs. Reon D. Hicks, Blandinsville, McDonough county; Mr. and Mrs. Ralph Warfield, Gibson City, Ford county; and Mr. and Mrs. Robert C. Peverly, Clinton, DeWitt county. The couples are typical of the large group in Illinois who keep family accounts and have their records summarized by the University's home economics department. They were chosen to represent different periods in the marriage cycle, an important factor in influencing choices in use of money.

-30-

AJR:mi
1/18/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 25, 1954

Glass Fiber Makes Durable Curtains

URBANA--Glass fiber fabrics for making curtains are still rather scarce in our stores, and they are relatively expensive if you do find them. But these fabrics have many good characteristics that are worth considering, says Florence King, textiles specialist of the University of Illinois.

The material is sheer, silky in appearance and durable. It can not be attacked by insects or mildew, it won't burn, it resists soil, is easy to dust or wipe off and requires no ironing or pressing.

Miss King says the first glass fiber curtains that came into the market were not satisfactory because the yarns were brittle, and this caused the edges of the curtains to crack or fret. However, this characteristic has been overcome in the new glass fabrics.

-30-

AJR:mi
1/20/54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 26, 1954

One-Dish Meals Are Easy Meals

URBANA--A one-dish meal can be a good answer for days that seem full of rush hours and last minutes. It can be prepared early and cooked in the oven or in a special casserole cooker while you go about your other work.

Usually you'll want to supplement your so-called one-dish meal with a salad or dessert in order to give variety in texture and temperature and to have the meal balanced nutritionally.

There's no lack of recipes for one-dish meals. Use your knowledge and experience in food preparation, and follow the usual principles of cookery, advises food specialist Patricia Wyatt of the University of Illinois home economics department.

Miss Wyatt points out that you can have a wide variety in such dishes if you start with left-overs or foods that are available in quantity or very cheap and make changes in combinations and flavor. She lists some points worth considering in these combinations:

1. White sauce, meatstock or condensed soups make a good liquid or base for many dishes.

2. If the greater part of the dish is of some bland food, such as potato or rice, and the smaller part of some strong-flavored foods, such as cheese or onion, it will be very tasty.

3. Small amounts of such things as crisp buttered crumbs, chopped parsley, minced green peppers or onion juice give interest to the dish. Tasty sauces, especially tomato, also often give this touch.

4. Color in various foods, such as peas, green peppers, pimentoes, tomatoes or carrots, makes the dish more attractive.

-30-

AJR:mi
1/20/54

Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 28, 1954

February Meals Can Have Great Variety

URBANA--Midwest market baskets will reflect the abundance of a great nation during February. The monthly report of foods that will be in good supply has just been released by the U. S. Department of Agriculture.

A lot of young chickens for frying and broiling plus an abundance of eggs are being produced on our own midwestern farms. We also have good supplies of vegetables from last fall's crops, such as potatoes, onions, cabbage and beans.

Midwest cattle feeders are continuing to send large numbers of animals to market so that we have beef on the plentiful list for the twelfth month in succession. Milk and milk products, peanuts and peanut butter and fats and oils of all kinds have been listed as plentiful for several months.

Fruits that add zest to any meal are coming to us from other states. Among them the shopper will find winter pears, oranges, grapefruit and cranberry sauce. During February new potatoes will be available in larger supply from the southern states, and we can expect to receive an abundance of lettuce from the western states.

-30-

JR:mi
./22/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 29, 1954

Families Need Protective Insurance

URBANA--If you have not reviewed your family's insurance coverage lately, take time out to see whether you have the type and amount of protection you need. Satisfactory protection in time of emergency is part of keeping your family on a sound financial basis.

Family economics specialist Mrs. Ruth C. Freeman of the University of Illinois College of Agriculture names certain areas of coverage which she believes necessary in a sound money management plan for the family. They include liability insurance on the family automobile plus personal liability, fire, accident and disaster insurance. There are also some other types that are desirable for the family's security, such as life insurance and hospitalization.

"If you don't understand the wording in your policy," says Mrs. Freeman, "ask your insurance salesman to explain it to you. Be sure to read and understand the fine print."

If families would plan their insurance coverage as carefully as they plan for their housing needs, they'd be most likely to meet their long- and short-time goals.

-30-

AJR:mi
1/25/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 30, 1954

Freeze Eggs in Convenient Amounts

URBANA--It is a good idea to package eggs for freezing in amounts that you will use at one time. Pint jars will hold enough egg whites to make a large angel food cake; half pint containers will hold the right amount of whole eggs for a number of recipes. You can freeze smaller amounts in plastic ice-cube trays or small plastic molds and then wrap them individually after they are frozen.

In case you have not followed this system and the amount of eggs is larger than you need for a recipe, home economists at the University of Illinois say to use 3¼ tablespoons of defrosted whole egg mixture for each egg called for. Two tablespoons of defrosted egg white equal one egg white, and 1¼ tablespoons of defrosted egg yolk equal one egg yolk. These are only approximate amounts, of course, since the sizes of eggs vary.

When you freeze eggs, be sure to include date of storage on the package label. Frozen whole eggs and egg yolks will keep for 6 to 8 months, while frozen egg whites will keep for a year.

For complete directions for freezing eggs, write to the Home Economics Department, University of Illinois, Urbana.

-30-

AJR:mi
1/25/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, FEBRUARY 1, 1954

Parents Advised on Children's Toys

URBANA--Parents should give serious attention to the selection of toys for their children as a year-round job, believes Dr. J. Richard Suchman, specialist in child development at the University of Illinois.

Those who have studied the preschool period recognize the fact that play materials contribute tremendously to a child's development and should be selected to fit that development.

New play materials need not always be "bought" toys. There are many materials about the home that can provide satisfactory play experience and that will be as satisfying as the most elegant toy.

Many toys can be made in the home. For example, to give a child practice in lifting and moving large things, there is nothing better than a set of large hollow blocks or boxes and boards. Why not make them? Just be sure the edges and corners are rounded and smooth. They will last longer if you paint them, and they'll be more attractive to the child if they are a bright color. There is no limit to the ways in which a child will use such equipment.

Day by day a child grows--his abilities increase, his skills develop and his interests broaden. He needs new experiences. Toys should be selected with these things in mind.

-30-

AJR:mi
1/26/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, FEBRUARY 2, 1954

Toys Should Fit Varied Play Interests

URBANA--All children have three important needs that can be met by proper play equipment. They will enjoy the things that meet one or more of these needs, helping them learn and develop.

First of all, says Dr. J. Richard Suchman, child development specialist at the University of Illinois, children need to have vigorous physical activity. Toys or equipment that encourage climbing, swinging, pushing, pulling, jumping or running will serve this purpose well.

Second, children need play materials that contribute to and encourage imaginative and dramatic play--things that will promote "let's pretend" activities. There are doctor and nurse, plumber and carpenter kits on the market. But the expense of buying them may not be necessary. Such things can often be fashioned, with the child's help, out of common ordinary household surplus articles like spools and pipe cleaners.

Finally, children need play materials that encourage artistic creativity. They need the raw materials that invite molding and building and painting. This gives them an opportunity to express their ideas in a finished product they can call their own, and it gives them practice in coordinating their fingers and hands and arms with their eyes.

-30-

AJR:mi
1/26/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, FEBRUARY 3, 1954

Finger Paints Let a Child Create

URBANA--Finger paints are a source of great delight to the preschool child. They let him express his feelings in form and color without first having to learn delicate skills of managing a brush or crayons.

You can buy finger paints or make your own by boiling cornstarch to about the consistency of mayonnaise and then coloring it with vegetable dyes. Pour the paste into several small cups before you add the dye. Children will enjoy having several colors--red, blue, green, orange.

Paper with a glazed surface, such as white butcher paper or shelf paper, is best for finger painting. Moisten the paper in water before you spread it on the table or floor or wherever the child will be painting.

Child development specialist Dr. J. Richard Suchman of the University of Illinois says finger painting is much better than pencil or crayons for the child who is just learning. It gives him a greater sense of control over his materials. Practically everything he does with them is rich with enjoyable sensory experience. At first he may simply enjoy the sensation of squeezing the brightly colored, oozy paint through his fingers. Later he will learn the pleasure of spreading it over the water-soaked paper and making exciting patterns with his palms and fingertips.

-30-

AJR:mi
1/29/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, FEBRUARY 4, 1954

Root Vegetables Add Variety to Everyday Meals

URBANA--Root vegetables are plentiful and low in cost this time of year. Whether you serve them raw or cooked, they'll add pleasing variety, color and flavor to your meals.

Well cooked, buttered, well seasoned vegetables earn the highest honors. Cook only until tender is the advice of foods specialists at the University of Illinois. They also recommend starting the cooking in a small amount of boiling salted water--half a teaspoon of salt should be about right for four servings of a vegetable. Cover the pan to save cooking time and vitamins.

"Many homemakers have the problem of persuading their families to eat as many vegetables as they should," says Geraldine Acker of the home economics extension staff. She believes the answer to this problem usually lies in trying something new. For example, if the family doesn't like buttered carrots, why not try serving glazed carrots?

There are many tempting ways to cook and serve vegetables. By following the rules for the method you choose, you can turn out tender, colorful, appetite-appealing vegetables that are packed full of vitamins and minerals.

Miss Acker's circular, "More Vegetables on the Table," includes directions for cooking vegetables in many ways. Copies are available from Home Economics Extension, University of Illinois, Urbana.

-30-

JR:mi
/29/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, FEBRUARY 5, 1954

Lace Now Made on Looms

URBANA--Lace will be more plentiful now that it can be mass produced on a loom instead of being made by hand or on complicated lace machines. This development is opening a new era in the romantic 2,000-year-old history of lace, says textiles specialist Florence King of the University of Illinois home economics department.

Just as important is the fact that man-made fibers are being used to make lace more durable and practical than it has ever been before.

In the old days lace was too expensive for the average woman to own. And until rayon, nylon and dacron were woven into lace, it was too fragile to be practical.

Miss King says there seems little doubt that, with today's accomplishments, millions of women can afford to wear lace and that they will enjoy it as a twelve-months-a-year fabric. It is sure to appear in casual clothes, footwear and millinery as well as in formal clothes and lingerie.

-30-

AJR:mi
2/1/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, FEBRUARY 6, 1954

Guide Available--Food for Older Folks

URBANA--"Food Guide for Older Folks" is a bulletin that tells about older people's food needs and how to meet them. It tells how to meet some of the special problems that often make it hard for an older person to be well fed.

The bulletin, which is published by the Bureau of Human Nutrition and Home Economics of the U. S. Department of Agriculture, includes a daily food guide-list for selecting a balanced diet, plus a sample market list and menus. It also includes suggestions for the older person who cooks for only one or two, or who hasn't much cooking equipment, or who must have food easy to chew, or who has to watch weight.

All through life, says the bulletin, you need foods that contain protein and minerals to take care of repair work on bones and body tissues. Foods that contain many different vitamins are also needed to keep the body running smoothly.

A third need is for food that provides fuel for energy and warmth. All foods supply some calories for this purpose, although some foods provide more than others. Getting too many calories is a frequent problem among some persons, who are usually less active than in earlier years and need fewer calories.

For your copy of "Food Guide for Older Folks," write to Home Economics Extension, University of Illinois, Urbana.

-30-

AJR:mi
2/1/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, FEBRUARY 8, 1954

Good Food Habits Produce Good Health

URBANA--"Eat the foods you need for good health first; then eat whatever else you want," advises Geraldine Acker of the University of Illinois.

There's a natural temptation to skip meals when one is busy or simply to eat a limited variety of the foods one likes best. This can become a serious threat to good health, points out Miss Acker, who is foods and nutrition specialist on the home economics extension staff.

Here is a list of the foods everyone needs: a generous serving of meat, fish or poultry; an egg a day; a large serving of a green or yellow vegetable; a citrus fruit or tomatoes; a serving of potatoes and a serving of any other fruit or vegetable; a pat of butter or fortified margarine at each meal; a serving of enriched bread, flour or cereal product; and two cups of milk for adults and one quart of milk for children and adolescents.

You'll be planning for better health for now and in the future if you plan your meals to include these foods.

-30-

AJR:mi
2/3/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, FEBRUARY 9, 1954

You Can Make a Dress Form at Home

URBANA--A dress form can be a big help to you in getting a good fit in the clothing you make for yourself.

Several types are available commercially, or you can make one at home. Directions for making a paper one are given by clothing specialist Fern Carl in a publication that is available from the University of Illinois College of Agriculture, Urbana. You can't make the dress form without the help of several friends, but if you work rapidly you can finish it in 30 minutes to an hour.

A dress form won't solve all of your fitting problems, but it will help to overcome some of your difficulties. Besides being an aid in designing and fitting new garments, you'll find it helpful in restyling your clothes, in altering ready-to-wear garments, in lining coats and in making hemlines even.

-30-

AJR:mi
2/3/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, FEBRUARY 10, 1954

Counties Win Safe-Homes Awards

URBANA--Morgan-Scott, Rock Island and Tazewell counties rated top honors for outstanding work in home safety during 1953. Henry and Mason counties received honorable mention. The recognition was given during Farm and Home Week at the University of Illinois.

Mrs. James Graham, Morrisonville, home safety chairman of the Illinois Home Bureau Federation, presented the three top counties with certificates of membership in the National Safety Council.

The safe-homes recognition is based on the organized efforts of a county to prevent home accidents during the year. The reporting of accurate facts on accidents and their causes is the keynote of the state-wide program. These reports are used as a basis for planning future accident prevention programs. Seventy-seven counties made final reports on their work in home safety this year.

The Safe-Homes Program is sponsored by the Illinois Home Bureau Federation and University of Illinois home economics extension. It is spearheaded by county home bureau groups who work with their own members, as well as with members of other agencies in the county.

This is the eleventh year in which recognition has been given to county home bureaus for their work in preventing home accidents. Last year the counties to receive recognition were Rock Island, Tazewell, Richland, Schuyler-Brown and Monroe.

-30-

AJR:mi
2/5/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, FEBRUARY 11, 1954

Illinois Home Bureau Federation--New Officers

URBANA--Mrs. Milton Vaupel, Ashton, Illinois, was elected president of the Illinois Home Bureau Federation at the annual meeting, held during Farm and Home Week at the University of Illinois. Mrs. Byron Blum, Dixon, Illinois, was elected secretary for the next two years. The organization now includes 52,841 members.

Four new district directors were also elected: Northwest--Mrs. Howard McCulloch, Rt. 1, Ridott; East Central--Mrs. Wesley M. Schwengel, Rt. 3, Champaign; Southwest--Mrs. Forrest Keim, Waterloo; and Southern--Mrs. Phillip Schoettle, Golconda.

Officers elected last year are: vice-president--Mrs. Victor Schwartzentraub, Eureka; and Treasurer--Mrs. Warren Mynard, Oneida. District directors serving their second year in office are: Northeast--Mrs. Elmer Ekdahl, Aurora; West Central--Mrs. George Knuppel, Mason City, and Southeast--Mrs. Earl Drake, Westfield.

At the meeting the federation adopted a program of work aimed at making women more aware of their responsibilities as homemakers and citizens and helping them become more efficient and better informed so that they can render greater service to their communities, their country and the world.

The federation encouraged continued cooperation with Home Economics Extension in all phases of its program, referring to it as "our most reliable source of new information and research of value to the homemaker."

-30-

AJR:mi
2/5/54

Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, FEBRUARY 12, 1954

Consumer Responsibility in Fabric Use

URBANA--The satisfaction one gets from buying textiles depends more than ever, today, on the type of care given the article. Consumers should be prepared to pay attention to the individual peculiarities of fabrics made from the new fibers, especially in washing and ironing, says Dr. Jules Labarthe, Farm and Home Week speaker at the University of Illinois.

As senior fellow of the Mellon Institute of Industrial Research, Dr. Labarthe is in close touch with the complaints retailers receive from customers who are not happy with their purchases. He says, "Too many cases of unjustified complants are called to the attention of the retailer, and not enough cases in which the consumer was really not at fault."

When merchandise is at fault, Mrs. Consumer should return the article to the store so that she can get her money back and the store buyer can report the case to the manufacturer who made the article. This is the only way in which a manufacturer can correct an error and prevent it from being repeated time and again.

On the other hand, a good consumer should recognize her own mistakes in using an article and not complain to the retailer, nor condemn the merchandise to her neighbors, if she and not the fabric was at fault. She should understand her own particular needs and the kind of service she can expect to get from the goods she buys. A wise consumer will continually study fabric facts so that she will not be misled, and perhaps disappointed, by the romance and excitement of the new wonder fibers.

-30-

JR:mi
2/8/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, FEBRUARY 13, 1954

Plan Meals to Include Enough Milk

URBANA--It's hard for a person to keep well nourished unless he has plenty of milk in some form. Milk offers top-notch protein, B vitamins and minerals--particularly calcium--that we all need for strong bones and good teeth.

Nutrition specialist Harriet Barto of the University of Illinois home economics department says it is generally a well established fact that adults of all ages, as well as children, are better off when they get more calcium than just barely enough for their immediate needs.

To be fairly sure of having enough calcium in their diets, children should have three to four cups of milk a day, adults should have about three cups a day, pregnant women should have 7½ quarts a week and nursing mothers should have 10½ quarts a week.

The calcium content is the same when milk is used in cooking as in the fluid state. Therefore part of the daily needs can be met by preparing foods that include milk and milk products. On the basis of calcium content, the following may be counted as alternates for one cup of milk: ice cream, 2 to 3 large dips; cottage cheese, 11 ounces; cream cheese, 15 ounces; Cheddar cheese, 1½ ounces.

Don't overlook the possibilities of variety in use you can get from the various forms of milk--whole, concentrated, skim, buttermilk, evaporated, condensed and dried.

-30-

AJR:mi
2/8/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, FEBRUARY 15, 1954

Clean Upholstery With Soap Jelly

URBANA--Soap jelly is easy to make and can be used to clean a variety of things in the home. It is a popular cleaner for soiled upholstery, provided the fabric is fast-color. It is useful, too, for cleaning oil-painted walls and many washable wallpapers of firm quality.

A basic recipe for making soap jelly is given by home management specialist Alice Coleman of the University of Illinois home economics department. Simply pour one cup of hot water over two cups of mild soap flakes, and beat the mixture to a jelly with a rotary egg beater.

To use the jelly, apply it with a damp sponge or cloth to the soiled surface, and clean a small area at a time. Rinse the surface thoroughly with a clean sponge or cloth wrung out of clear soft water.

-30-

AJR:mi
2/10/54

Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, FEBRUARY 16, 1954

Brown Spots on Clothing May be Caused by Certain Zippers

URBANA--Brown stains or holes that sometimes show up in washable garments may be caused by the kind of zipper that is used.

A textile research specialist who was one of the many speakers during Farm and Home Week at the University of Illinois explained how this can happen. Dr. Jules Labarthe, of the Mellon Institute of Industrial Research, said that some zippers are made of two different metals--copper and aluminum, for example. When the garment is wet and comes into contact with these metals, electrolysis takes place and enough acid is given off to damage the fabric.

Minerals that are found in hard water may be conductors of the electricity. Other conductors may be the salt that is found in some liquid starches or in detergent left in the fabric by insufficient rinsing.

One way to avoid brown-spot damage if your zipper is made of bimetallic alloy is to let the garment dry to the damp stage and iron it without rolling it up. If it must be dampened, leave the section around the zipper dry and sponge it lightly with water when you iron it.

-30-

JR:mi
/10/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, FEBRUARY 17, 1954

"Poor Luck" With Nylons?

URBANA--Does it seem to you that the nylon stockings you buy nowadays don't wear so well as prewar ones? If so, don't blame the nylon, says Dr. Jane Werden of the clothing division of the University of Illinois home economics department.

Dr. Werden says the nylon used in stockings is all the same, and heavy yarns were used before the war simply because the sheer yarns had not yet been developed. You may still buy stockings made of this heavy yarn, but the feminine love for luxury and daintiness may cause you to buy sheer hose that are more beautiful than they are durable.

Denier is your chief guide to sheerness. Yarn that is 12 or 15 denier is of gossamer weight, and stockings made of it should be for strictly dress-up occasions. Stockings of 30 denier are more suitable for business, shopping and general wear, while those of possibly 40 or 60 denier are more apt to be chosen for housework, sportswear and other heavy-duty purposes.

Since gauge refers to the number of stitches per inch and a half, a higher gauge stocking will be more tightly knitted and should wear better than a lower gauge if other factors are equal. To give the best wear, as the denier goes down in number, the gauge should go up.

Don't forget, too, that stockings will vary in quality of construction and workmanship just like any other manufactured product. You'll be wise to shop around until you find a brand that you know is dependable.

-30-

AJR:mi
2/12/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, FEBRUARY 18, 1954

Don't Overload Your Washer

URBANA--Too heavy a load in your washer makes it hard to get clothes clean because it prevents the clothes and water from moving freely. You also run the risk of damaging the motor.

Putting the right load in your washer is very important, whether your machine is automatic or not, according to Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture.

To determine a full load, first look in your instruction book for the capacity of your machine. Capacity means the number of pounds that can be washed at one time. If you do not have a scale, you can estimate the pounds by knowing the weight of some commonly washed garments and household items.

For instance, one single sheet weighs about a pound, while a double sheet weighs from 1 3/4 to 2 pounds. Three pillow cases or bath towels weigh about a pound, as do four hand towels or eight wash cloths. Four T-shirts or eight undershirts weigh about one-half pound. Two men's shirts or four housedresses weigh approximately one pound. A pair of overalls weighs from 2 1/2 to 3 pounds.

When you load your machine, alternate large items with smaller items, putting no more than two large ones (such as sheets or tablecloths) into your washer at one time. A typical eight-pound load might consist of two double sheets, two pillow cases, four bath towels, four wash cloths, four T-shirts and two men's shirts.

-30-

CAB:mi
2/12/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, FEBRUARY 19, 1954

When You Bake an Angel Cake

URBANA--If you were choosing between two recipes for angel cakes, you'd find that the one with the higher proportion of sugar and cream of tartar would give the more tender cake.

Some other factors that affect the quality of an angel cake are outlined by Mrs. Pearl Janssen, foods specialist of the University of Illinois home economics department.

To begin with, both quality and flavor are affected by the quality of the egg whites. So use either fresh eggs or egg whites that were frozen when they were fresh and that have been properly stored. Also, if you have the whites at room temperature, they will whip to a larger volume than if they are chilled.

Using an ungreased tube pan for angel cake allows the batter to reach a greater height, since it can cling to the sides of the pan as it rises. Run a knife back and forth through the pan of cake batter to break up the large air bubbles.

Mrs. Janssen recommends a 425° Fahrenheit oven for the first 15 or 20 minutes of baking. Then turn off the heat and continue baking about 10 minutes or until the cake is done. It will be done when a cake tester comes out clean.

Turn the pan upside down tne let the cake hang until it is cool. Store it in the pan; it will be better the second day after baking.

-30-

AJR:mi
2/15/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, FEBRUARY 20, 1954

Contributions of Home Economists to Housing Research

URBANA--A study of the housing and equipment research done by home economists between 1925 and 1950 has been published by the University of Illinois. Helen E. McCullough, housing research specialist, who planned and reported the study, says housing research has attracted a lot of attention during recent years, but we should not overlook the fact that women have been working quietly and unobtrusively for 25 years to solve various housing problems.

This work has included 255 projects in 48 colleges and universities and the U. S. Bureau of Human Nutrition and Home Economics. The studies have resulted in at least 115 publications in the form of bulletins, circulars, leaflets and articles in professional and popular magazines.

Miss McCullough points out that home economists do not deal with the construction and utilities of house planning, which belong to the fields of engineering and architecture. Instead, the home economists' work is directed to interpreting family needs and apply their findings to the design and use of the house.

The studies are aimed at answering questions about how to plan the general arrangement and use of rooms, including areas for special activities, such as sewing, child play and laundry. Studies have been made on household equipment, interior decoration, housing costs, effects of housing conditions on people, and better ways to teach housing in schools.

Although the Illinois summary of the research in housing was made primarily to help research workers and teachers, others can profit from the housing publications that are available through state universities and the U. S. Department of Agriculture.

-30-

AJR:mi
2/15/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, FEBRUARY 22, 1954

Picture Framing Requires Skill

URBANA--Most pictures you buy in department stores or art shops are ready to hang on your wall. But if you buy by mail from a museum, the picture will probably need to be framed.

Home furnishings specialist Dorothy Iwig of the University of Illinois says some homemakers frame their own pictures, while others feel that they lack the skill and patience to do a really good job.

If you take your picture to a professional for framing, he will help you decide which frame and mat will do most for the picture. Remember that a frame should set off the picture, not dominate it. Today's trend is toward simple frames.

Mats are usually not used for oil paintings, and oil paintings are not covered with glass. But water colors and reproductions need glass to protect them from the dust, and they usually have mats.

-30-

JR:mi
/17/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, FEBRUARY 23, 1954

Proper Diet Helps Build Blood

URBANA--When you give a blood donation or lose blood through a minor injury or surgery, your diet is a most important factor in bringing your blood back to normal. While it is well known that iron is important in building and maintaining healthy blood, scientists have now found that protein is also very important, says Alice Forsythe, nutrition research specialist at the University of Illinois.

In a study of blood regeneration at the University of Nebraska, women who had each donated a pint of blood were placed on three types of diets: low protein, average protein and high protein. At the end of six weeks the only ones whose blood picture had returned to normal were the women on the high-protein diet. The typical daily diet for this group included one quart of milk, one egg, two servings of meat and one serving of cheese or legumes.

Dr. Ruth M. Leverton, who conducted the Nebraska experiment, found that women on the low-protein diet recovered quicker when they were given additional iron than did those on the average-protein diet. However, when additional iron was given with the high-protein diet, it had no effect in speeding up blood regeneration.

Even when you are in normal good health, nutritionists recommend including variety meats, such as liver, kidney or others, in your diet at least once a week, because these foods are such excellent sources of both protein and iron. Fruits, especially peaches, apricots and prunes, are good blood builders because of the iron they contain.

-30-

AJR:mi
2/17/54

Homemaking
Radio News

'ERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, FEBRUARY 24, 1954

4-H'ers Will Learn to Entertain at Meals

URBANA--New home economics foods projects for advanced 4-H members in Illinois emphasize that entertaining at meals is one of the pleasures of knowing how to cook.

Erma Cottingham, state specialist of 4-H Club work, says the new projects will encourage members to develop skills in preparing a great variety of foods and to plan, prepare and serve meals by themselves.

"Your own family are the most important guests you can serve--give them every consideration," directs the new handbook.

The handbooks also point out that "If you set a pretty table and serve your meal neatly and in an orderly way, you will encourage good eating habits, good table manners and relaxed conversation. Good manners, social poise and charm are the result of everyday practice. You will want to encourage this daily practice for your family."

Girls and boys who enroll in these projects will be encouraged to improve the meals they prepare by checking each meal against a rating scale in order to learn both the weak points and the strong points for making a successful meal.

The rating scale will show that it is easier to plan, prepare and serve a few well-cooked foods than a great variety of dishes. Also, it is simpler, with a few foods, to have them all ready at the planned serving time. "Remember that even experienced cooks find that simple meals, well planned, prepared and served, are better than elaborate ones that do not meet good standards."

-30-

AJR:jr
2-19-54

Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, FEBRUARY 25, 1954

It's Hard to Economize on Home Operating Costs

URBANA--When there is a squeeze on farm family pocketbooks, operating expenses are one of the hardest items to trim down. When families accumulate household conveniences that cost money to operate, it is harder to do without these conveniences when they must adjust to a lower income level.

Mrs. Ruth C. Freeman, family economics specialist of the University of Illinois has summarized more than 5,000 farm family accounts records during the past twenty-five years. The records for this period show a steady climb in average operating costs. For example, the average total operating cost for 472 families in 1939 was only $170 compared with $384 for 141 families in 1952.

Expenses in this total include costs for home heating, locker rental, bank charges, telephone, household supplies, laundry and "paid services," such as packaging and freezing meat and other products at the locker plant.

The period in the marriage cycle has a definite influence on the average amount of money a family spends for operating expenses. Couples who have been married fewer than five years will normally spend the least for operating expenses, while those who have been married between 25 and 30 years spend the most.

-30-

AJR:jr
2-19-54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, FEBRUARY 27, 1954

If Your Pie Dough Sticks to the Board---

URBANA--You'll have more tender piecrust, with less sticking, if you roll out the dough on a pastry canvas instead of a board and use a "stocking" for your rolling pin. You can also use the canvas for other soft doughs, such as biscuits and cookies, says Patricia Wyatt, food specialist at the University of Illinois College of Agriculture.

The trick is to keep the canvas and knit rolling pin cover rubbed full of flour while you are using them. If you do, the dough won't stick, and neither will it pick up enough flour to make it tough and hard.

With care you'll be able to use your canvas several times without washing it. When you finish using it, scrape bits of dough and as much flour from the canvas as you can so that they won't become rancid. Then store the canvas in a plastic bag or wrapped in a clean dishtowel.

When you wash the canvas, brush it first and then soak it in cold water. Wash it on both sides with a brush and lots of hot suds. Rinse it thoroughly, but don't wring. Instead, smooth it out on a hard surface, like a porcelain tabletop, and it will dry free of wrinkles.

You can buy a canvas and rolling pin cover set or save a little money and make your own. One and one-fourth yards of 8- or 12-ounce canvas and a pair of white cotton stockings will make two sets. Keep one for a spare or use it as a gift.

-30-

AJR:mi
2/22/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, FEBRUARY 26, 1954

You Can Own Art Masterpieces

URBANA--Buying a picture for your home is like buying a hat--the more you see, the better you know what you want.

You can "shop" for a picture in neighborhood art shops, the art departments of local retail stores, or your city's museum. Or you can write to out-of-town museums to learn about the reproductions they have for sale.

Dorothy Iwig, home furnishings specialist of the University of Illinois, says many homemakers order reproductions through the mail. These are usually unframed and are sent in a mailing tube. You can find out about what is available by asking large-city museums for a copy of their catalogue. The cost of the picture, of course, will depend upon its size and subject.

If a museum sends you a catalogue that is not illustrated, you can often select the names of pictures that interest you and send for postcard-size reproductions that cost only a nickel or a dime. You can then use these as guides for choosing your large reproduction.

-30-

AJR:mi
2/22/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 2, 1954

Sore Throats Need Early Medical Care

URBANA--This is the time of year when sore throats make the rounds in our homes, schools and communities. A sore throat is often the mild beginning of a serious illness. It may be associated with a cold or may be the start of another communicable disease, such as diphtheria or scarlet fever. In any case it doesn't pay to take chances.

Pauline Brimhall, health education specialist of the University of Illinois College of Agriculture, says a person with a sore throat should be kept away from others and should go to bed if there is fever.

Generally any sore throat that lasts for more than a day or two is not an ordinary sore throat. Miss Brimhall points out that younger children frequently don't complain. For this reason she recommends that mothers learn to inspect their throats. An inflamed throat will be red, and it may be swollen. White spots or patches may mean a serious infection and should be seen by the doctor at once.

Prompt medical treatment of nose and throat infections will help to prevent ear infections, rheumatic fever and other serious complications. It will also help to prevent throat infections from spreading to others in the family and community.

Good nutrition and plenty of rest will go a long way toward preventing infections by building up bodily resistance.

-30-

JR:mi
/24/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 1, 1954

Washable Woolens for School Children

URBANA--Washable woolens help mothers keep their school-aged children warm and neat without having to spend a lot of money for dry cleaning. A chemical treatment makes the wool so rugged that it can stand up under regular trips to the tub.

Sometimes you'll find washable woolens blended with 15 percent nylon. This blend tends to improve wearing properties as well as help to make the wool washable.

Textiles specialist Dr. Jane Werden, University of Illinois home economics department, points out that the wool industry is not likely to make all wool fabrics washable because the treatment tends to alter the characteristics, making the wool less soft and porous than it is normally.

Also, there is little point in using washable woolens for garments that won't be washed anyway. A suit, for instance, would not normally be washed because of its lining and inner structure. Neither would tailored garments with interfacings or trim that might shrink.

Wool that is blended with at least 55 percent Orlon is also washable. These blends can be hung to drip dry and need only occasional pressing.

-30-

JR:mi
/24/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 3, 1954

Suit Jackets Are Hard to Alter

URBANA--Don't buy a suit with a jacket that doesn't fit, even if it seems a bargain. The pieces of many jackets are cut and shaped in such a way that they are difficult to alter.

Fern Carl, clothing specialist of the University of Illinois, suggests that when you try on a suit you make sure the jacket is not too large or too small, that the shoulders are not too wide or too heavy and that the waist line is where it should be.

If there is a seam line at the waist, as in a jacket with a peplum, the jacket can sometimes be altered at this point. In most other cases, however, altering is so often unsuccessful that it won't pay you to buy.

If the jacket of the suit you like fits, but the skirt doesn't, it may be all right to buy. The skirt may be easier to alter because skirts are usually cut along simple lines. Miss Carl suggests that you test the fit of a skirt by walking in it and by sitting down to see whether it is comfortable. If it is too snug, it will tend to pull up when you sit down and neither look well nor feel comfortable.

Many manufacturers are now making suits that are "proportioned" for tall, average and short women. Half sizes often fit some figures better than regular sizes and eliminate the need for expensive alterations. But even though a size fits you in other respects, don't buy the suit unless the jacket fits!

-30-

JR:mi
/26/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 4, 1954

For Women Who Wear Suits

URBANA--American women spend a lot of time in suits. These versatile garments form the backbone of the wardrobe of four out of five white-collar workers, and they are also worn by millions of homemakers.

A nation-wide survey shows that 71 percent of the women who buy wool suits expect them to give them three or more seasons of wear.

Clothing specialist Fern Carl, University of Illinois College of Agriculture, says the ideal suit is one that is good looking in itself, fits well into the wardrobe, is becoming, fits the wearer well, is comfortable and is of good quality. "This is expecting a lot," admits Miss Carl, "but the extra care you take in selecting it will pay off in satisfaction."

Before you buy a suit, plan what you want ahead of time. Know your styles, and decide what color, type and design will fit your wardrobe best. You will probably not find exactly what you have in mind, so be sure your plans are flexible. Your purchase must be as satisfactory as the one you planned.

Plan the price you want to pay, realizing that you'll probably pay more, says Miss Carl. You'll be more confident about your shopping and more satisfied with your purchase if you've taken the time to plan.

Shop for your suit at reliable stores. Read the labels; try the suit on for fit. Don't buy it if the jacket doesn't fit. If the skirt needs any altering, be sure it can be done easily without destroying the lines or injuring the cloth. Look for high-quality workmanship throughout--in the buttonholes, stitching and seams.

-30-

JR:mi
2/25/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 5, 1954

Take Vitamins as Directed to Avoid Poisoning

URBANA--Continued overdoses of vitamins, particularly vitamins A and D, have caused sickness and even death among both adults and children. There is almost no chance of getting too much of a vitamin, however, if the preparation is taken as directed and with an otherwise normal diet.

Nutrition research specialists of the University of Illinois home economics department list three reasons why poisoning might result from overdoses of vitamin A or D. First of all, some children apparently show poisoning at doses much lower than others, so that a slight overdose may prove too much. Second, some highly concentrated preparations are intended for therapeutic use and must be used only on a doctor's prescription. Relatively small amounts of such a concentrate taken regularly could easily result in vitamin poisoning. And, third, since the body can store large amounts of vitamins A and D, the amount of these vitamins in the body could grow dangerously high after months of moderately high dosage.

Loss of appetite is one of the first symptoms of too much of either vitamin A or vitamin D. In extreme cases, there is often severe headache, great thirst and pain in different parts of the body, as the hands and feet, back of neck and chest. The victim becomes pale, loses weight and becomes depressed and listless.

This should not discourage anyone from using vitamin supplements in reasonable amounts. The effects of too little vitamin are as severe and much more frequent than of too much. The important thing to remember is that there will be no danger if you take the amount recommended by the label on the bottle or by your doctor, and continue to eat a normal diet.

-30-

JR:at
3-1-54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 6, 1954

Details Are Given on Sewing Fiberglas

URBANA--Use Orlon thread for sewing fiberglas curtains because it is strong and is not harmed by sunlight. If you can't buy Orlon, use silk or mercerized cotton. Nylon is not so good, since it is damaged by sunlight.

Textiles specialist Florence King of the University of Illinois suggests that when you stitch fiberglas on your machine you set the presser foot at the heaviest possible pressure. Use a long stitch (8 to 10 to the inch), and a moderately loose tension on both the bobbin and the top thread.

If the fabric seems to slip too fast through the feed on the machine and push out of line as you are stitching, you can control it by holding a strip of tissue paper under the stitching line between the fabric and the machine.

One must remember that fiberglas fabrics are not indestructible, even though they have many advantages when treated properly. Manufacturers recommend that you give fiberglas the same care you would give your fine lingerie and hosiery. For example, cover the end of a curtain rod with a thimble or plastic curtain threader before you slide the rod through the hem, because much curtain damage is caused by rough edges of the rod cutting the delicate threads of the curtain.

If you are using fiberglas for draw or traverse draperies, hang them just off the floor and slightly away from window sills or other objects that could cause abrasion and snag the fabric.

-30-

AJR:at
3-1-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 8, 1954

Save a Step in Making Cream Pie

URBANA--It is not necessary to cool cream filling for a pie before you add it to the pie shell. If you skip that extra step, the crust won't be soaked, even though most recipes instruct you to cool the filling first.

Soaked crusts are almost always the result of a "leaking" meringue, according to advanced home economics students in an experimental foods class at the University of Illinois. The students found that meringues placed on a cold filling leak most and cause more soaking of the crust on standing.

When meringues were placed on a hot filling and baked at 400° Fahrenheit, there was less leaking than when the meringue was put on a cold filling and baked at 325° Fahrenheit.

-30-

AJR:at
3/2/54

Homemaking
Radio News

VERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 9, 1954

Solving Problems in Sewing Dacron

URBANA--When you need to alter a ready-to-wear garment made of Dacron, you may find you have a fabric that behaves differently from the ones you are accustomed to sewing. Now that Dacron is being sold in limited quantities as yard goods, we'll all be learning to handle this relatively new synthetic fiber.

Textiles specialist Florence King of the University of Illinois says one rather limited study has been reported on the problems of sewing Dacron knit fabrics. Some of the findings may be of help to you.

It was difficult to push pins through most of the Dacron fabrics tested. So, if you buy yard goods, your first problem will be in placing the pattern on the fabric and keeping it in place.

Because of the trouble in using pins, you may need to baste more than you normally would. Either hand or machine basting seems to be satisfactory.

A loose sewing machine tension and a fine machine needle, size 9, 10, or 11, seem to be best. You'll be better off, too, if you

-more-

use sharp scissors. You won't need to worry about finishing the seams, since Dacron apparently doesn't ravel.

Use Dacron thread if you can buy it in the proper color. In the study, mercerized cotton thread was used, as well as some nylon and silk. The stitching seemed to pucker somewhat, but in most cases this difficulty was remedied by pressing with a steam iron. Don't use a dry iron unless you are very careful not to have it too hot. And use a damp press cloth.

Machine-made buttonholes gave good results when paper was used on both sides of the fabric. There were also no problems with handmade buttonholes.

-30-

AJR:at
3-3-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 10, 1954

Sources of Information for Parents

URBANA--"How should we discipline Junior?" "How can we help Susie learn to get along with other children?" "What should be the role of mothers-in-law and grandmothers in our family?" These are the sort of questions asked daily by mothers and fathers who are making a sincere effort to help their children grow and develop.

Parents can find many of the answers by reading some of the many books and pamphlets that are available about children and families. A list of such reading materials is being offered by the division of child development and family relationships of the University of Illinois home economics department.

The list was compiled for the benefit of readers who don't have time to search through stacks of materials in order to find what they really want to read. Most of the publications are nontechnical ones that are not difficult to read. But it is by no means a complete listing of all materials that would be useful to parents.

For your copy, write to the Home Economics Department, University of Illinois, Urbana, Illinois, and ask for "Sources of Information for Parents and Homemakers."

-30-

JR:at
-5-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THRUSDAY, MARCH 11, 1954

Say Goodby to Fish Odors

URBANA--Fish odors can linger too long in the kitchen, on your hands and on the dishes. Some ways to cut down the odor are suggested by Jean Vertovec, production manager of the home economics cafeteria at the University of Illinois.

Most important is to have good fresh fish. Quick cooking--not more than 5 to 15 minutes for most fish--is another secret of having a minimum of odor. Fish is too often overcooked. It should be cooked just long enough to allow the flesh to be flaked easily from the bones.

To pan fry or deep-fat fry fish without much odor, heat the cooking fat to a high, but not smoking, temperature. Dip the fresh or frozen fish into cold water and then into a mixture of corn meal, flour and salt. Put it into the hot fat and cover the pan. Cooking should take about eight minutes, depending on the thickness of the fish.

To prevent the odor of fish on your hands, chill them thoroughly in cold water before you handle fish, or remove the odor from your hands by washing them in hot water and salt. Don't use soap. Another way is to rub lemon juice or vinegar on your hands after handling fish.

To remove the fishy odor from dishes, wash them in a strong solution of salt and hot water. Again, don't use soap,until after the odor is removed.

-30-

JR:at
-5-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 12, 1954

Pictures for Pleasure, 4-H Project for Older Members

URBANA--A 4-H project called "Pictures for Pleasure," being introduced in Illinois this year, will give youngsters a chance to study paintings of great artists. The project is planned for members who are high school age or older. It will be explained at room improvement training schools throughout the state by Mary McKee, state leader of 4-H Club work.

A member may choose to study any one of seven different groups of artists, says Miss McKee. A handbook describing the work of the artists will be furnished for each unit, and the county home adviser can order color reproductions of the prints. Although a member may study only one of the project units during a club season (4 or 5 artists), the works of more than 40 artists in eight museums are included in the seven projects.

Members enrolled in the "Pictures for Pleasure" project will choose a print for framing, plan the mat, have the picture framed and hang it in some room in their home. They may choose one of the prints studied, or they may select one from the home adviser's list of 300 prints approved for the project.

"Pictures for Pleasure" is the first project of its type to be offered in Illinois for older members. "Through the Eyes of the Artist" is still being offered, but with changed requirements. Three units are being offered for the second year for members below high school age: "Pictures on Your Walls," "Pictures of People," and "Pictures of the Out-of-Doors." It is not required that younger members frame their prints.

-30-

AJR:at
3-8-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 13, 1954

Rules for Safe Kite Flying

URBANA--Kite flying, a traditional March sport, can spell tragedy unless children follow certain safety rules. Parents should see that youngsters have proper kite string and play in safe areas away from power lines.

Gordon McCleary, University of Illinois farm and home safety specialist, says good kite string is sturdy and non-metallic so that it will not conduct electricity. Emphasize to your child the need for keeping the string dry, because a water-soaked string may be a good electrical conductor.

If the kite does happen to tangle with power lines, it should be left where it is. Kites can be replaced easily; a child cannot.

Encourage children to fly their kites in fields where there are no stones, stumps, ditches or other obstacles. Getting the kite into the air takes all the flyer's attention, and he doesn't have time to watch for tripping hazards.

-30-

AJR:at
3-8-54

Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 15, 1954

Make a Household Inventory

URBANA--It's easy to inventory your household goods--and a good idea, too. It gives you the satisfaction of knowing something about the value of things you've accumulated in your home. And it also helps you plan for replacements. It can show you how much insurance it is wise to carry on your household effects, besides giving you a basis for knowing how much insurance you are entitled to in case of loss by fire, windstorm or flood.

In making such an inventory, you'll find it helpful to have a copy of the "Household Inventory" form that's available from Home Economics Extension, University of Illinois, Urbana. The 10-page form lists the household furniture, furnishings and equipment that ordinarily appear in living and dining rooms, kitchens and laundries, linen closets, bathrooms and bedrooms.

To make an inventory, list the items in one room at a time, and note the cost of each item when purchased new and its present age. The present value can be estimated to reflect any unusually hard wear or accidents or any increase in value resulting from repairs or additions during the year.

-30-

AJR:at
3-10-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 16, 1954

Use Cheese in Your Meals

URBANA--A carton of cheese is among the good things that come in small packages. Its white or golden contents include protein of the best quality, calcium for bones and teeth, and riboflavin of the vitamin B family. And when whole milk or cream is used, the cheese is a good source of vitamin A, phosphorus and fat.

There are over 800 names for the different kinds of cheese, says Geraldine Acker, foods specialist of the University of Illinois home economics department. Some people like cheese mild, some like it nippy; some like it "as is," some like it cooked.

American Cheddar cheese is delicious almost any way you take it. Combine it with other foods as a main dish, or let it fit into the meal plans in soups, salads and desserts.

For more fun in using cheese, send for your copy of a folder that describes some cheese main dishes, sauces and toasted combinations. Write to Home Economics Extension, University of Illinois, Urbana, and ask for "Cheese in Your Meals."

-30-

AJR:at
3-10-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 17, 1954

When you Choose an Interfacing

URBANA--Interfacings will be used a great deal in spring sewing to give garments the firmness and shape needed for this season's particular style effects. These stiffer materials will make the fronts of blouses, dresses and jackets flat and smooth, will help collars and cuffs to stand up and turn over with just the right amount of roll, and will be sewn right into the body of full skirts to make them stand out.

When you choose an interfacing for a particular fabric and garment design, decide first whether the garment is to be dry-cleaned or washed. Clothing specialist Ritta Whitesel of the University of Illinois says the heavier interfacings are best in garments that are to be dry cleaned, while linen, cotton and bonded interfacings are suited for those that are to be washed.

Among the heavier group of interfacings one finds mixtures or blends of wool, mohair and cotton. Wool is resilient and shapes well, and mohair is even more so. Hence the combination of the two makes a very resilient, pliable interfacing. Cotton mixtures are somewhat less resilient but sometimes give just the effect you need.

A comparatively new interfacing is a bonded, unwoven material. Because it has no grainline, it can be cut with little waste. It launders and dry-cleans well. Although it can be purchased in various weights, it does have a papery texture that is not desirable for all fabrics when interfacings are needed. It is available in black and white, but various other colors have been promised by the manufacturer.

Before you use a washable interfacing of the woven type, be sure the material is thoroughly shrunk and all the sizing removed.

-30-

JR:at
-12-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 18, 1954

Make Your Own Slip Covers

URBANA--Brighten your home this spring with new slip covers you've made yourself. You can have a perfect fit, regardless of the shape of your chair or sofa. And you'll have much greater choice in style, pattern and color of materials if you sew your own.

When you take on a slip-cover project, it will be easier if you have a guide or pattern to go by. Some homemakers, of course, make slip covers without patterns, but a pattern makes the job easier and cheaper.

Some directions for cutting your own pattern and fitting a muslin cover have been outlined by Dorothy Iwig, specialist in home furnishings at the University of Illinois, in a publication, "How to Make Slip Covers."

Firmly woven materials without much sizing make the best slip covers, says Miss Iwig. One should avoid heavy materials whose seams would be so bulky that the covers would not fit smoothly. It is always best to use preshrunk fabrics or to shrink washable ones before cutting them.

For your copy of "How to Make Slip Covers," write to the Home Economics Extension, University of Illinois, Urbana.

-30-

JR:at
3-12-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 19, 1954

Short Cuts When Peeling Onions

URBANA--A time-saving method for peeling onions has been worked out by students in the home economics cafeteria at the University of Illinois. Jean Vertovec, production manager of the cafeteria, says with the new method it takes only about ten minutes for one person to peel five pounds of onions.

The students use a wooden chopping block, a French knife and a paring knife. If you don't have a French knife, a large slicing knife will do. With the large knife, cut off both ends of the onion. Then, placing one cut end on the board, cut the onion into quarters. It then becomes easy to remove the peel from each quarter with the paring knife.

If your family is fond of onions, now's the time to use them freely in your meals. They are listed as "best buys" here in the Midwest, and the quality is very good. You'll find a lot of the small-sized onions--from 1 to 2 inches in diameter--on the market. These are a nice size for cooking whole.

Use the big white "Spanish" onions if you want a mild flavor; the smaller "Yellow Globes" have a slightly stronger taste.

-30-

AJR:at
3-15-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 20, 1954

Eat Fewer Calories As You Grow Older

URBANA--Nutrition specialists at the University of Illinois call attention to recent changes in the recommended dietary allowances that are set up by the Food and Nutrition Board of the National Research Council. These allowances list the number of calories and amounts of vitamins and minerals that are needed in the diets of average Americans for good nutritional health.

Since there is a tendency for the average adult to gain weight after the age of 25, the revision recommends a decrease in the allowance for calories as a person grows older. This decrease amounts to a five percent reduction for every 10 years after the age of 25.

As an example, let us consider as a "standard" man one who weighs 143 pounds, is 5 feet 7 inches tall, has eight hours of physical activity and four hours of sedentary activity and lives in a mean environmental temperature of 50° Fahrenheit. At age 25 he would require 3,200 calories, but he would need only 3,000 calories at age 35, 2,900 at age 45, and 2,600 at age 65.

-more-

Eat Fewer Calories As You Grow Older - 2

The recommendation for the "standard" woman who weighs 121 pounds and is 5 feet 2 inches tall is 2,300 calories at age 25, 2,100 at age 45 and 1,800 at age 65.

Adjustments are made for women during pregnancy and lactation. The extra allowance for pregnancy is limited to the last three months, when 400 calories are needed. Nursing mothers may need 1,000 additional calories in their daily diets.

-30-

AJR:at

Why Potatoes Are Wax Coated

URBANA--When commercial growers put a wax coating on potatoes, it makes the potatoes look better and keeps them from shriveling. The wax is perfectly harmless, even if it has been dyed red, so you need not worry if your cooking water turns red when you boil the potatoes in the skins. When you buy these wax-coated potatoes, however, remember that they are probably from last year's crop and are not new potatoes.

-30-

AJR:at
3-15-54

Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 22, 1954

'ish Play Stellar Role in Lenten Menus

URBANA--You don't have to be a French chef to turn out elicious fish meals. Once you've mastered the basic cookery rules, ou can add variety aplenty by using different sauces and seasonings.

Drawn butter sauce is delicious with steamed or poached ish, and every good cookbook lists a basic recipe for it. Carmel long, foods specialist, University of Illinois College of Agriculture, uggests that you vary the sauce by adding one hard-cooked egg cut in lices to the basic recipe.

Or, if you prefer a sauce with plenty of tang and zest, add vo or three tablespoons of chopped mustard pickle to the sauce just efore serving.

Tomato sauce is a happy choice for any type of fish. Vary ie flavor by adding a portion of chopped crisp bacon a few minutes efore the sauce is served. Cook the fish in the sauce, or serve the auce over the fish.

Lemon butter is excellent with broiled fish, and it is so asy to prepare that you can have it ready on short notice. Add some hopped parsley to add flavor as well as color.

Overcooking is one of the most common faults in cooking fish. should be cooked just until the flesh flakes easily from the bones. his will leave the fish moist and tender and will enhance its natural, licate flavor.

-30-

H:at
17-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 23, 1954

Do-It-Yourself Projects Call for Planning

URBANA--The do-it-yourself market is building up to big business these days. This year Americans will spend about $3,500,000,000 for tools and materials that attracted little attention a few years ago.

Don't fly blind, advises Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture. Most of the do-it-yourself enthusiasts go into business with the idea of saving money. Frequently the project develops into a costly venture.

If you are entering the field, make careful planning the order from the time you select your first tool until you add the finishing touches. If the project is to be an extensive one, seek the counsel of those who have had experience and can give you practical information on materials and costs and on the time, energy and patience needed to do a credible job.

Some questions you'll be wise to ask and answer are these: Is the project a worthy one? Is it creative or is it just plain busy work? What tools will I need, and how much will they cost? Are they tools I'll use frequently or seldom? Will I really enjoy doing the work, or will it become a troublesome chore when the going becomes difficult?

Take time to explore materials available in local markets. Manufacturers, quick to see the trend, have developed products that are easy to use. Some of the traditional ones have been simplified, and without loss of performance or appearance.

Few things can compare with the personal satisfaction felt when a more than acceptable product has been turned out with one's own hands. Logical step-by-step planning will help to make the venture a happy one.

-30-

EH:at
-17-54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 24, 1954

Know the Size--Don't Guess

URBANA--Are you the shirt buyer in your family? Sales records indicate that women buy more shirts than men and that often they use the "guess" method in deciding on size.

Two measurements that are important in selecting a well-fitting shirt are neck band size and sleeve length, advises Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture. These measurements should be listed on the shirt rather than the term small, medium or large.

Most sleeve lengths range from 32 to 36 inches. A few manufacturers have a range of 31 to 37 inches. To determine the correct length, measure from the bone at the back of the neck to the wrist bone, with the arm held straight out at the side.

Neck sizes in most shirts for men range from 14 to 18 inches. To be sure of getting the right size, measure a good-fitting old shirt. Lay the collar flat and measure the inside of the neck band from the center of the button to the far end of the buttonhole.

Manufacturers have done an outstanding job in designing collars. There are different heights to suit long, average and short

-more-

necks. There are collar "shapes" for the thin face and the full face. There are long, pointed collars, spread-type collars and those that button down.

Check the design of the shirt back. The edge that joins the yoke should be rounded higher at the center back for comfort and wearability. A full-cut back is always needed for freedom of movement, and gathers or pleats set in over the shoulder blades place the fullness exactly where it is needed.

Shoulder length is important; but if the neck band size and sleeve length are correct, the shoulder will usually be right. These two measurements are used as a key in designing the body or torso of the shirt.

-30-

JEH:at
3-19-54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Hospitality Day--University of Illinois--April 3

URBANA--High school junior and senior girls from throughout Illinois will visit the campus of the University of Illinois, Urbana, during Home Economics Hospitality Day on Saturday, April 3.

The girls, who will attend with their teachers, parents and county home advisers, are being invited by the Home Economics Student Council and the home economics department of the University. The aim is to give prospective Illini an over-all picture of life at the University and activities of the home economics department.

Registration is scheduled to begin at 8:30 a.m. and will be followed by a program of tours, exhibits, laboratory demonstrations and skits. A luncheon planned and prepared by University students will be served at noon in the home economics cafeteria. A tea and style show will be special features of the afternoon. Students will model garments that appear in the wardrobe of the typical coed at the University. The program is scheduled to close promptly at 4 o'clock.

-30-

AJR:at
3-22-54

FOR IMMEDIATE RELEASE

NOTE TO EDITORS: The following University of Illinois home economics students are participating in High School Hospitality Day, April 3. Some may be from your county. See enclosed story.

County	Students	Town
Adams	Willa Nell Mitchell	Quincy
Bond	Lois Jett	Greenville
	Anna Lu Meyer	Tamalco
Champaign	Judy Gates	Champaign
	Phyllis Murphy	Urbana
	Nancy Lehmer	Champaign
Christian	Ruth Large	Owaneco
Cook	Geraldine Raymor	Chicago
	May Jo Vibert	Oak Park
	Vivian Peuckert	Glencoe
	Joyce Booth	Chicago
	Jean Wallen	Chicago
	Janet Juckett	Park Ridge
	Jean Regenberg	Chicago
	Loretta Wilhite	Westchester
Crawford	Sarah Mefford	Robinson
DeKalb	Janet Vaughn	De Kalb
DeWitt	Jessie Wisegarver	Clinton
	Betty Johnson	Maroa
DuPage	Milly Player	Warrenville
	Barbara Hayer	Naperville
	Joan Warp	West Chicago
	Gene Stimart	Downers Grove
Effingham	Dorothy Kramer	Effingham
Ford	Marilyn Kerchenfaut	Piper City
Greene	Doris Williams	Carrollton
	Doris Crist	Rockbridge
Grundy	Carol Walker	Mazon
Hancock	Marilyn Perry	Adrian
Henry	Marilee Schmidt	Kewanee
Iroquois	Carolyn Brewer	Milford
Jefferson	Eunice Myers	Texico
Knox	Audrey Nelson	Altona
Lake	Adele Haven	Lake Forest
	Harriet Hutchings	Mundelein
LaSalle	Mary Frances Jensen	Lostant
Livingston	Marian Gentes	Chenoa
Macon	Rita Bishop	Decatur
	Joan Sullivan	Decatur

-more-

FOR IMMEDIATE RELEASE

NOTE TO EDITORS: - 2

County	Students	Town
Madison	Carmelita Konzan	Wood River
	Dorothy Figge	Collinsville
	Marian Diamond	Madison
	Judy Verneuil	Collinsville
Mason	Carol Krause	Mason
McDonough	Marjorie Headley	Macomb
	Carol White	Bushnell
McLean	Pat Jewell	Ellsworth
Mercer	Carolyn Giffin	Aledo
Monroe	Marlene Ebert	Valmeyer
Montgomery	Eva Woodall	Waggoner
Peoria	Frances Adams	Princeville
Perry	Donna May Glenn	Tamaroa
Rock Island	Barbara Turner	Cordova
St. Clair	Frances Beyer	Tremont
	Claire Vogt	Belleville
	Gladys Grommet	Belleville
	Jo Helms	Belleville
	Ima Jean Bassler	Mascoutah
Saline	Marty Hancock	Harrisburg
Sangamon	Rosella Ervin	Illiopolis
	Carolyn Campbell	Springfield
Shelby	Mary Ann Wall	Windsor
Stark	Anne Down	Wyoming
	Betty Real	Bradford
Stephenson	Vivienne Huffman	Freeport
Tazewell	Phyllis Stolz	Armington
	Nancy Tomm	Delavan
	Joan Frietag	Minier
Union	Barbara Boyd	Anna
Wabash	Mary Bagwell	North Manchester
Will	Carolyn Jones	Crete
Winnebago	Marilyn Johnson	Rockford
Woodford	Nancy Brock	Eureka

at
3-22-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 26, 1954

A Good Time to Freeze Eggs

URBANA--This is the best time of year to put eggs into your home freezer. Eggs are top-quality at this season, the supply is good and prices are probably the best you'll find.

Research shows that eggs can be stored successfully in the home freezer for six months or longer. Egg whites frozen without mixing or without the addition of any ingredients have held their quality for a year, according to Virginia Charles, foods research specialist of the University of Illinois.

Special treatment for the whole eggs and the egg yolks before freezing is always necessary. Egg yolks contain a lipoprotein that coagulates when the yolks are frozen and thawed, causing the solids to separate as lumpy, gummy particles.

Salt or sugar added in small amounts to the whole eggs or the yolks as they are mixed helps to prevent separation of the solids. Choice of the sugar or salt treatment depends upon the way the product will be used.

Complete directions for freezing eggs may be obtained by writing the University of Illinois College of Agriculture, Urbana, Illinois.

-30-

AJR:at
3-22-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 27, 1954

Prepasted Wallpapers Interest Homemakers

URBANA--Prepasted wallpapers are another attempt made by industry to encourage Mrs. Homemaker to do her own redecorating, says Dorothy Iwig, home furnishings specialist of the University of Illinois College of Agriculture.

In describing these wallpapers, Miss Iwig says they have been given a resin or chemical treatment that keeps them tough and workable even when they are wet.

The dry adhesive is already on the backs of the papers so taht the entire roll can be dipped into water and be ready to hang on the wall. The paste is of a kind that won't set for twenty minutes or so, allowing you to reposition the paper within that time if you need to.

Some wallpaper companies have a special dispenser for use in wetting the paper; others have a rectangular waterproof box to hold the water and the paper roll. Besides the dispenser or box, the only equipment you need is a brush for smoothing the paper on the wall, a pair of shears, a sponge and a razor blade.

-30-

AJR:at
3-22-54

Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 29, 1954

Helps for Choosing Window Treatments

URBANA--French windows offer a number of possibilities when choosing a window treatment. You may use curtains or draperies alone or in combination, whether the windows open in or out. The curtains may be tailored or ruffled, and they may be allowed to hang straight or be tied back.

In a "Window Treatment" publication issued by the University of Illinois College of Agriculture, Dorothy Iwig, home furnishings specialist points out that if a French, or casement, window opens in, the curtains may be treated in one of five ways: They may be shirred over a rod at the top and bottom of the window sash or shirred over a round or flat rod at the top of the sash, the bottom being allowed to hang loose. Or they may be traversed or attached to the rod by a plain casing or a French-pleated heading, or they may be hung with rings from a pole at the top of the window frame.

Unless there is built-in furniture under the windows, the length of the curtains should be determined by the style of the windows and the treatment you desire. If you want to have draperies, hang them at each end of a series of windows or on each piece of wood trim. Make them apron length, or else let them hang to the floor.

If the casement windows open out, hang the glass curtains from the top of the window frame.

For suggestions on curtaining many types of windows, you may write for a copy of "Window Treatment," issued by the Home Economics Extension Service, University of Illinois, Urbana.

-30-

AJR:at
3-24-54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 30, 1954

If Your Home-Canned Goods Are Discolored

URBANA--When home-canned fruits or vegetables become discolored on the shelf, homemakers may well wonder whether they are safe to eat.

Foods specialist Carmel Along of the University of Illinois College of Agriculture says there are several causes, besides spoilage, for discoloration of canned goods. Fruits and vegetables may darken at the tops of jars from air in the jars, and they may darken from too little or too much heating during canning. Canned pears, apples and peaches sometimes take on pink or blue tints from chemical changes in their coloring or from too slow cooling after canning. Iron or copper in cooking utensils or in water may cause brown, black or grey colors in canned foods. Highly colored foods, like beets or raspberries, may fade when canned in plain tin. Such color changes are not harmful, although they may make the food less appetizing.

If foods show any sign of spoilage along with the discoloration, however, Miss Along advises destroying them without tasting them. Signs of spoilage are leakage, swelling of jar tops or tins, a spurt of gas when the can is opened and mold at the top of jars. Mold in acid foods is usually not harmful even though it may affect the flavor of food. But it may cut the acidity enough to permit dangerous spoilage organisms to grow.

Any canned food that shows signs of spoilage should be disposed of where neither humans nor animals can eat it. It is unfortunate to have to waste canned food, but it doesn't pay to take chances on food that may be harmful. One should suspect canned vegetables, especially, if they show the slightest sign of spoilage.

-30-

AJR:at
3-24-54

Homemaking Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 31, 1954

Help Your Child Decide

URBANA--Give your child every opportunity to make his own decisions. Adults who can't make decisions, or who habitually make the wrong ones, missed a certain kind of experience and training they should have had while they were growing up.

However, you don't actually teach decision-making to your child, according to Dr. J. Richard Suchman, child development specialist, University of Illinois. The best you can do is to give him lots of opportunities to make decisions by himself. It is important to start early.

For example, when you put your infant on a demand or semi-demand feeding program, you are letting him decide when he wants to eat. As he grows older, there are more decisions he can make. Which rattle shall he play with? Which toy shall he take to bed with him? If you stop to think about it, there are probably hundreds of choices you can give your child every day. And the ability to make good decisions is the result of years of practice.

It is best to guide the choices at first, that is, give him several possible alternatives. But always make sure that every choice

-more-

you give him is acceptable so far as you are concerned. It wouldn't be fair to let him choose something and then tell him that what he has chosen is not acceptable.

Making a decision may be an elaborate procedure for the child at first. He'll probably change his mind several times before arriving at a final decision. This is perfectly natural because he isn't used to making such big decisions by himself. As he grows older, he becomes more experienced and, what's more, he learns the outcome of his experiences.

-30-

ZAB:at
3-26-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 1, 1954

Presoak Heavily Soiled Clothes

URBANA--Before you wash greasy overalls and cotton work shirts, soak them for 15 or 20 minutes in hot, soapy water mixed with half a cup of ammonia. This presoaking will help to lossen stubborn soil and make you much happier with your finished laundry.

Textile specialists of the U. S. Department of Agriculture suggest methods for presoaking other oversoiled items. Cotton slip covers, curtains or play clothes can be soaked 10 to 20 minutes in warm water, or in warm water that contains a detergent or non-precipitating water softener. Use 1/2 to 1 tablespoor of either substance for each gallon of water.

Soiled collars, neckbands and cuffs, especially in men's shirts, need special attention. When the soil has been worn into the fabric at these places, it needs loosening ahead of washing. Work some soapsuds gently into these spots with your hands, a soft brush or a sponge. Make sure you use the same soap or other detergent that will be used in washing.

After all such treatment and presoaking, spin or wring the water out of the clothes and then wash them as usual.

-30-

JR:at
-26-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, APRIL 2, 1954

Buying Fresh Vegetables--Amounts Needed

URBANA--Without experience, it is hard to know how many servings one can get from a pound of fresh, untrimmed vegetables. Pods and other waste cause the amount of food in a pound to range from one to four cups. And since most grocery stores sell fresh vegetables by weight, the thrifty homemaker can benefit from a list of estimated servings from a pound of fresh vegetables.

Taking half a cup as the measure for an "average" serving, Mrs. Glenna Lamkin, foods specialist of the University of Illinois College of Agriculture, suggests the following approximate servings from a pound of fresh vegetables as purchased--in the pod, husk and other natural forms:

Cut asparagus, 4 servings; snap beans or Brussels sprouts, 5 to 6 servings; cooked cabbage, 4 to 5 servings; eggplant, parsnips and turnips, 4 servings; peas, 2 servings; potatoes, 4 to 5 servings; spinach 3 to 4 servings; and squash, 2 to 3 servings.

If you will refer to such a schedule from time to time, the information should come to your mind readily when you make an unplanned purchase at the store.

-30-

AJR:at
3-29-54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 3, 1954

Illinois Dietitians Give Scholarship Award

URBANA--Janet Hage, Yorkville high school senior, Kendall county, has been named this year's winner of a $100 scholarship award by the Illinois Dietetic Association.

This award, given to an Illinois 4-H member, is based on the girl's all-round 4-H record plus an essay on the general topic, "How My Projects in Foods and Nutrition Contribute to a Career and Better Living."

As winner of the scholarship, Janet was guest of the Illinois Dietetic Association during their recent two-day convention in Chicago. While there, she met persons who are successful in the field of dietetics and had a chance to visit various institutions and see dietitians at work.

Janet hopes to enroll at the University of Illinois in September. If she chooses hospital dietetics as her major and follows her college work with a year's internship in an approved hospital, she will be qualified for membership in the American Dietetic Association. She may then enter administrative work or plan and supervise diets in hospitals, hotels or other institutions, or she may choose to teach dietetics to nurses, interns and patients in a hospital.

This is the third year the Illinois Dietetic Association has made a scholarship award. Last year Evelyn Ann Doubet, Hanna City, Peoria county, was the winner.

-30-

AJR:at
3-29-54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 5, 1954

Hint to Keep Cut Flowers Longer

URBANA--You can keep cut flowers longer, regardless of temerature, if you use a preservative and keep the water quite acid.

J. R. Kamp, floriculture specialist at the University of llinois College of Agriculture, says research shows that flowers ill keep best when the water tests pH 4.

The term pH is used to express the degree of acidity of a luid. The neutral point is pH 7. Everything below pH 7 is acidic, nd everything above is alkaline.

Kamp explains that, since water from most sources in Illiois is non-acid, the University added sulfuric acid to the water for ut flowers in their experiments. He says other acids, such as citric r acetic, should be just as good. You can get them at any drugstore.

The best way to test the acidity of your water supply is to se Hydrion paper. This paper doesn't cost much and is easy to use. ou can get it from the Central Scientific Company of Chicago. Instructions for its use come with it.

Preservatives are easy to use. You can get them from any lorist. Florists may be able to order the Hydrion paper for you too.

-30-

MS:mi
/31/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 6, 1954

hen You Wash Walls

URBANA--Always start from the bottom when you wash your alls. If you don't, the dirty water will run down over the soiled art and leave streaks and stains that are hard to get off.

Home furnishings specialist Dorothy Iwig of the University f Illinois gives the following suggestions: Beginning at the bottom, ash the wall with a circular motion. Rinse immediately with a second ponge or cloth wrung out of clear lukewarm soft water, and let dry. ou will get better results if you use a sponge instead of a cloth, ince you can squeezethe sponge dry when you wish.

After you've rinsed the cleaned area, move on to the adjoin- ng wall space and repeat the process, being careful to overlap the iges of the area you have just cleaned.

You'll find commercial cleaners on the market that will help ou do a good job of washing painted walls. Follow the directions of ie manufacturer.

For information on how to do many household cleaning chores, rite for your copy of the circular called "Household Care and Clean- ng." Address your request to Home Economics Extension, University of llinois, Urbana.

-30-

JR:mi
/31/54

Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 7, 1954

Falls Cause 40 Percent of Accidents Reported in State

URBANA--Falls were "out in front" as the cause of accidents in and around the homes of more than 13,000 Illinois families last year.

According to reports by cooperators in the Illinois Safe Homes Program, 472, or 40 percent, of the 1,190 accidents reported were due to falls. Cuts accounted for 22 percent of the total and burns for 21 percent; the remaining 17 percent were due to other causes.

The Safe Homes Program was in charge of Mrs. Ruth C. Freeman, assistant professor of family economics at the University of Illinois and Mrs. James Graham, Morrisonville, Illinois Home Bureau Federation representative. The program's aim is to make all members of the family more safety conscious.

Despite the large percentage of accidents due to the three major causes, says Mrs. Freeman, the circumstances under which the accidents happened varied greatly.

For example, a Richland county woman tripped over a grapevine and broke her arm. A Lee county woman was laid up four weeks

-more-

and spent $50 for medical care when she fell off a chair while putting up a clothesline in the basement.

Men weren't immune, either. A Jersey county man required 11 stitches in three fingers he cut while slaughtering a steer.

Children's injuries ranged from trivial to very serious, Mrs. Freeman says. In Christian county, a year-old boy required four months of medical treatment costing $250 to recover from burns he suffered when he pulled a pot of hot coffee over on himself. A four-year-old girl did the same thing with an electric percolator; cost--$300 and a lot of suffering.

Sixty-five counties cooperated in the 1953 Safe Homes Program, which is carried on by the Illinois Home Bureau Federation and University of Illinois Home Economics Extension.

-30-

4-2-54at

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, APRIL 9, 1954

EQ-53 Chases Moths From Washable Woolens

URBANA--If you launder blankets and other woolens before storing them, you can add EQ-53 to the rinse water and mothproof them in the same operation.

According to Steve Moore, University of Illinois entomologist, a few spoonfuls of EQ-53 in the rinse water will leave enough DDT in wool to ward off clothes moths and carpet beetles for four or five years if the woolens are stored and not washed or dry-cleaned. If you use the woolens after a treatment rather than store them, they will be protected for a season or until they are washed or dry-cleaned.

One precaution given by Moore concerns the use of EQ-53 on baby clothes. Since babies' skins are extremely sensitive, it is recommended that you not use EQ-53 on infants' woolens unless they are to be stored. Then have the article dry-cleaned before you use it again.

EQ-53 is an insecticide developed last year by entomologists of the U.S. Department of Agriculture. It is sold under many different brand names, but most containers carry the EQ-53 identification in prominent print on the label. If you don't find the product in your neighborhood, ask your retailer to order it for you.

-30-

AJR:at
4-5-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 10, 1954

Garden Guide Available

URBANA--An Illinois Garden Guide, available from the University of Illinois College of Agriculture, will give the answers to dozens of questions that face home gardeners during the summer season.

This circular contains basic information on planning a garden and carrying out plans to get the most from it. It has sections on selecting a garden area, treating the soil, handling seeds and plants, preventing disease and controlling insects.

Included also is a list of the varieties of seeds recommended for gardens in various sections of the state. Those interested in growing a few flowers will find a list of reliable annuals in the guide.

You may get "An Illinois Garden Guide" by writing to the College of Agriculture, University of Illinois, Urbana, or by asking your county farm or home adviser for a copy.

-30-

JR:at
-6-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 12, 1954

County Scholarship Examinations--April 24

URBANA--Illinois high school graduates interested in studying home economics at the University of Illinois next fall are reminded of the scholarship examinations scheduled for Saturday, April 24. A girl who wins one of these scholarships will be exempt from payment of tuition for a period of four years at the University.

The examinations are held once each year in the office of the county superintendent of schools. The examination questions, which are prepared by a University committee, are of the objective type. Each candidate must write two of the following achievement tests: social studies, mathematics or natural science.

To be eligible for a county scholarship, a student must rank in the upper fifty percent of her high school class or have a 3.5 average from another college. A girl who can qualify, and who wishes to take the examination, should notify the county superintendent in advance so that he can be expecting her on April 24.

For information regarding other University of Illinois scholarships that are available, contact your high school principal or home economics teacher, your county superintendent of schools or your county farm or home adviser.

-30-

AJR:at
4-7-54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 14, 1954

Pleasant Breakfast Means Safer Farmer

URBANA--Ever compare the price of a cheerfully served cup of breakfast coffee with the cost of an accident?

Reports of farm accidents often indicate that it "all began at breakfast," says Gordon McCleary, executive secretaty of the Illinois Rural Safety Council. Whether a poor breakfast starts the victim on an all-day grouch, or fails to cure one he already has, it's often the beginning of an unfortunate chain of events.

The fellow who goes to the field with a grouch doesn't have much patience, McCleary says. He'll take foolish chances that may end in injury.

But the husband or son who leaves the breakfast table well fed and happy will use better judgment in everything he does. That increasingly costly cup of coffee may be pretty cheap insurance against an accident when it helps to start the breadwinner off on a good day.

-30-

GLM:at
4-9-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, APRIL 15, 1954

Leg of Lamb for Easter Dinner

URBANA--Roast leg of lamb is a traditional "company" meal for springtime. It ranks with porterhouse and sirloin steaks as a Sunday meat, although it is usually less expensive.

Meats specialist Sleeter Bull of the University of Illinois College of Agriculture says a six- or eight-pound leg of lamb may be too large for your family. He suggests that you have the butcher cut off the sirloin chops. Wrap them in foil and store in the freezer compartment of your refrigerator. You can save them for an elegant dinner later.

There's no mystery to preparing this delicately flavored meat successfully, says Professor Bull. Just remember that lamb is the flesh of an immature animal and needs slow, even cooking. Place the roast with the fat side up on a rack in an open roasting pan. It is not necessary to baste it during cooking.

Most people like lamb served either well done or medium well done. For best results, you'll want to use a meat thermometer. If you don't have one, roast the lamb at an oven temperature of 325 degrees Fahrenheit for 30 to 40 minutes a pound, depending on the doneness you desire.

-more-

FOR RELEASE FRIDAY, APRIL 15, 1954

Leg of Lamb for Easter Dinner - 2

Like any other roast, the leg of lamb will be easier to carve if you let it stand in a warm place for 20 to 30 minutes after it comes from the oven. Lamb should be served either hot or cold, but never lukewarm.

The delicate, almost neutral flavor of lamb is one of its chief attractions. An ideal accompaniment--or at least the one that is most often used--is mint sauce or mint jelly. If you would like a change, try a sweet spiced fruit conserve, or canned pears glazed in melted mint jelly. Prepare the pears in advance, so that they can "set" in the refrigerator.

-30-

AJR:mi
4/12/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 17, 1954

What to Do When Toddlers Say "No"

URBANA--Don't be disturbed when your three- or four-year-old child says "No" to many requests you make of him. This period of negativism is not unusual in a child's development, says Dr. J. Richard Suchman, child development specialist of the University of Illinois.

Much of this balkiness is more talk than action, so you can ignore it. However, if he does resist you by word and action, you'll want to exert your authority as quietly as possible. It is your job to get him to do what he should do without breaking his spirit of independence.

You can usually accomplish this by showing your child that you understand his feelings, but also explaining that there is no choice in the matter. It is just as important to let him know when he has no choice as it is to encourage him to make a decision when one is permitted.

The restrictions you place upon a child should be consistent, but they must also be altered as he becomes older. He must develop a mind of his own and become an independent person. And you must be willing to give him more and more freedom to decide for himself.

-30-

AJR:mi
4/12/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 19, 1954

Tips on Freezing Rhubarb

URBANA--When you select rhubarb for freezing, look for tender, firm stalks with deep red skin and few fibers. That's the advice of Frances O. Vane Duyne, food research specialist, University of Illinois.

To prepare rhubarb for freezing, first wash it thoroughly. Then trim and cut into one-inch pieces. You can freeze it in this raw stage, but results of experiments conducted at the University of Illinois showed that you will get a better product if you blanch or scald it for 1 1/2 minutes, using 2 1/2 quarts of boiling water to one pound of rhubarb. If you blanch it, be sure to begin timing as soon as you place the rhubarb in the boiling water. When you remove it, cool immediately in cold water to retain color and flavor.

You can pack the rhubarb into containers without sugar, or you can sweeten it by covering the fruit with cold syrup made from 3 cups sugar and 4 cups water.

If you cover the rhubarb with syrup, make sure you leave enough space for expansion. This space ranges from about 1/2 inch for pint containers that have wide openings to 1 1/2 inches for quart containerss with narrow openings.

Seal the containers and put them into the freezer. Later you can use the rhubarb for tasty pies and sauces.

LAB:mi
4/14/54

-30-

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 20, 1954

You Can Make A Dressing Table

URBANA--A dressing table is one of the easiest pieces of furniture to make. With a little planning ahead of time, you can finish one in a few hours that will give you many months of pleasure and added convenience. Its drawers or shelves can supply extra storage space, and of course you'll use it as a makeup unit.

Your choice of table will depend on the materials you have. You can use various pieces of furniture, such as two small chests,or two orange crates or other boxes joined with a board across the top to make a good base.

Drape the table with a skirt, hang a mirror above it and you'll have a completed dressing table. You'll also want a stool to match or contrast with the table. There are various possible decorations for your dressing table unit and only one rule to remember--it should be treated to harmonize with the other furnishings in the room.

If you would like suggestions to help you get started on a dressing table project, you may write for a leaflet called "Draped Dressing Tables," available from Home Economics Extension, University of Illinois, Urbana.

-30-

AJR:mi
4/14/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 21, 1954

Comparisons of Cake Mixes at U. of I.

URBANA--Homemade cakes were considered more palatable than cakes prepared from commercial mixes when they were compared by a taste panel of four members at a University of Illinois foods research laboratory.

As a graduate student in the University's home economics department, Mary Murphy chose for her special research problem comparison of the quality of homemade or standard cakes with similar cakes baked from mixes.

When angel food cakes were prepared from two mixes available on the market and compared with angel food cake prepared from regular ingredients by a standard recipe, it was found that there was little difference between the heights and volumes of the three. However, the standard cake received higher ratings for flavor, color, grain and texture.

Homemade yellow and white cakes were also compared with those made from commercial mixes. Average scores for the homemade cakes were higher than scores of cakes prepared from the mixes. There was

-more-

quite a difference in quality among the different brands. Some gave fairly satisfactory products, while others did not. In general, the flavor of the cakes baked from packaged mixes was the characteristic that the judges objected to most.

The cakes prepared from the standard recipes were less expensive than those made from the packaged mixes. Although more time is required to prepare a cake from a standard recipe, pennies may be saved and it is possible to have a better product than if you use a cake mix.

-30-

ZAB:at
4-16-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 22, 1954

Fight Moths With Proper Care for Woolens

URBANA--When you store winter clothing, you'll want to be sure it is protected from moths and carpet beetles. Clothing specialist Edna Gray, University of Illinois, suggests that you be sure all wool clothing is completely clean before you put it away, because insects prefer soiled garments to clean ones.

Clothes that don't need dry cleaning or washing should be thoroughly aired and brushed before they are stored. Brush the cuffs, pockets, folds and seams; then sun both the inside and the outside of the garments. Insect larvae missed in the brushing will fall to the ground when exposed to light.

Brush the clothing again just before you bring it into the house to be sure carpet beetles flying around out of doors haven't snuggled into the garment after the preliminary brushing.

Once wool clothing is clean and aired, store it as fast as you can. Be sure the box or bag in which you store it is air tight. Seal the tiny cracks or openings you'll find near the zippers on some storage bags. Gummed paper is good for this purpose.

To doubly protect clothing against insect damage, spray with an insecticide or put paradichlorobenzene or naphthalene flakes or balls into the storage container. Moth-repellent flakes and balls vaporize in time, and you may have to replenish the supply every few months.

-30-

AJR:at
4-16-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, APRIL 23, 1954

Nylon Sheets Require Care in Laundering

URBANA--If you treat nylon sheets with the care they should have, you can expect them to give considerably longer service than you get from cotton sheets.

This proper care for nylons, according to textile specialist Florence King, University of Illinois, means that the sheets should be washed in water of moderate temperature and gently agitated. They should not be tightly twisted in the wringing. A spin dryer is excellent, but if yours is the wringer type, put the sheets through in as smooth folds as possible.

If you are in the habit of using a commercial laundry, you may decide to launder your nylon sheets at home. They won't need ironing, especially since, to date, nylon sheets are made only in the fitted bottom styles and the fitted corners hold the sheet smoothly to the mattress.

Miss King recommends that you invest in only one nylon sheet until after you've tried sleeping on it. Most persons like the luxurious feel of the sheets, but restless sleepers find there is added danger of slipping off the bed. You may find the sheets are not too comfortable in hot, humid weather.

-30-

AJR:at
4-19-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 24, 1954

Freeze Combination Foods For Emergencies

URBANA--Tuck a carton or two of cooked or partly prepared foods into your home freezer for those busy days ahead when meal preparation time is short.

You can freeze certain combination dishes such as baked beans, beef or veal stew, chicken a la king, Italian rice, Spanish sausage, and tomato sauce and meat balls, and they will retain their appearance, color, texture and flavor.

Workers in the foods research laboratory at the University of Illinois recommend that you prepare these foods in the usual ways, but shorten the cooking time for most of them. Cook meat and vegetables until barely tender, and take them from the heat at once. The tissues will soften further during cooling, freezing and reheating.

It is best not to include potatoes in combination dishes that are to be frozen, because their texture is changed by the freezing process. Cook and add them when you prepare the frozen food for serving.

Detailed recipes and directions are included in a circular called "Freezing Cooked and Prepared Foods." You can get it by writing to Home Economics Extension, University of Illinois, Urbana.

-30-

AJR:at
4-19-54

Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 26, 1954

Uncluttered Rooms Are Most Attractive

URBANA--If you'd like to fix up rooms in your home so that they'll be more attractive, the chances are good that you can do a lot without spending a cent.

Lowell Anderson, specialist in home furnishings at the University of Illinois, says one of the most common and troublesome faults in decorating is that we overload our rooms. We just put too much in them.

Anderson suggests looking at the room you are in and analyzing its present assortment of furnishings. The originally bare walls are often concealed by furniture, pictures, candelabra, plants, lamps, plates, clocks, curtains and a collection of other items. At first you had a choice of spots in which to put these things and the effect was probably very good.

But after a while your interest in some of these items was gone. Instead of removing them and replacing them with others that did interest you, you simply added new ones. As a result, your room became filled until scarcely a bare space was left. This cluttering shows up in home after home, and is, according to Anderson, one of the unpardonable sins of contemporary interior decoration.

As you look for ways to make your home more attractive, take the easiest step first, and get rid of some of the things that add neither comfort, interest nor beauty to your room.

-30-

AJR:at
4-21-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 27, 1954

A Luxury Look Is Easy With Lace

URBANA--This is the year to wear lace. Some women will choose it for an entire garment, while others will use lace edgings, bandings and insertions to dress up otherwise plain-looking garments.

It's so easy to add lace edging to the hem of a slip or dress that you can do it with a sewing machine. Clothing specialist Ritta Whitesel of the University of Illinois tells how to attach the lace before the hem is put in.

With the right side of the lace to the right side of the garment, stitch the two together just beyond the crease for the hem. Then turn the hem back on the crease so that the line of stitching is hidden, and fasten the hem either by hand or by machine.

If you want to trim a garment with a lace ruffle, you'll find it is a simple matter to gather a strip of lace by pulling up the heavy thread on the straight side of the edging. Be sure to wrap one end of the thread around a pin so that it won't pull out completely while you are pulling on the other end. You'll find that the wider the lace, the more it will have to be drawn up in order to make it lie flat.

-30-

AJR:at
4-21-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 27, 1954

A Luxury Look Is Easy With Lace

URBANA--This is the year to wear lace. Some women will choose it for an entire garment, while others will use lace edgings, bandings and insertions to dress up otherwise plain-looking garments.

It's so easy to add lace edging to the hem of a slip or dress that you can do it with a sewing machine. Clothing specialist Ritta Whitesel of the University of Illinois tells how to attach the lace before the hem is put in.

With the right side of the lace to the right side of the garment, stitch the two together just beyond the crease for the hem. Then turn the hem back on the crease so that the line of stitching is hidden, and fasten the hem either by hand or by machine.

If you want to trim a garment with a lace ruffle, you'll find it is a simple matter to gather a strip of lace by pulling up the heavy thread on the straight side of the edging. Be sure to wrap one end of the thread around a pin so that it won't pull out completely while you are pulling on the other end. You'll find that the wider the lace, the more it will have to be drawn up in order to make it lie flat.

-30-

AJR:at
4-21-54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 28, 1954

Avoid Bedtime Battles

URBANA--Bedtime is just another routine in the day. Treat it in a matter-of-fact way, and your child will learn to accept it in that way. He shouldn't feel that he is going to bed to do you or anyone else a favor.

"You can make bedtime more enjoyable for both you and your child," says Dr. J. Richard Suchman, child development specialist, University of Illinois. Make sure that during his last waking hour he plays quietly and is not excited. Listening to records or stories is always good, so long as they are not too frightening or stimulating. Pretending will often lead him right to bed. If he plays cowboy, tell him that all cowboys need their sleep. Chances are that he'll go without any trouble because he feels grown up and important.

You should set a regular time for your child to go to bed and then stick to it. There will be special occasions when you'll want to make exceptions. But make sure your child understands why the exceptions are made and that they are exceptions. As long as you are fair and he understands, he will accept the limits you impose.

-more-

A child has a lot of interesting things happen to him each day. When bedtime rolls around, these activities must cease for a while. He is very likely to seek additional attention by asking for another drink of water, another kiss or just one more story. Remember that with understanding and common sense you can avoid bedtime battles. But, says Dr. Suchman, "they cannot be forced or frightened out of the picture."

-30-

ZAB:at
4-23-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 29, 1954

Eggs and Poultry Plentiful Through May

URBANA--The supply of eggs at midwestern markets has been large this spring and should continue so, with low prices, until the middle of June. Egg prices begin to skyrocket during the hot summer months when production falls off.

According to Emer Broadbent, marketing specialist of the University of Illinois, we can expect eggs to cost twice as much during August, September and October as they did in March and April. That's a clue for the homemaker to store some in her home freezer now while they are still plentiful.

Directions for freezing eggs are available from the Home Economics Department of the University of Illinois, Urbana.

Broadbent also says there should be a record supply of broiler and fryer chickens during May. He recommends that homemakers watch for bargains. He says small turkeys weighing 4 to 8 pounds will also be in ample supply. There is some carry-over of heavy breeds as well.

A near-record supply of turkeys and other poultry meats is anticipated and will probably continue throughout the summer and fall months.

Competition from red meats, which are also plentiful, should keep poultry prices in the "good market buy" classification.

-30-

AJR:at
4-23-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, APRIL 30, 1954

Asparagus for Your Freezer

URBANA--Directions for freezing asparagus are given by food research workers of the University of Illinois home economics department.

The first step, of course, is to select top-quality asparagus--tender young stalks that have compact tips and are uniform in thickness. Wash the stalks well and cut or break off and discard the tough parts. Cut the tender ends to fit the carton you will use, or else cut them into pieces one inch long.

They are now ready to be blanched, or scalded. This step must never be omitted if you are to keep the greatest possible amounts of color, flavor, texture and nutritive value. Scald one pound of the cut pieces in six quarts of boiling water for three minutes. Start counting the scalding time from the moment you place the vegetable in the boiling water. After three minutes in the boiling water, cool at once in a large kettle of cold running water or ice water, and then drain.

Pack into freezer cartons, allowing no head space, since there is plenty of space for expansion between the spears.

-30-

AJR:mi
4/26/54

Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 1, 1954

Choose Simple Pattern for Lace Dress

URBANA--When selecting a pattern for a lace dress, you'll be wise to choose one that is designed especially for lace, or else one that is simple and has few seams. The reason is that the beauty of a lace dress lies in the pattern of the lace itself, and not in the design of the dress.

If your experience in sewing lace has been limited, these suggestions from clothing specialist Ritta Whitesel of the University of Illinois will be of help to you:

If the lace is quite open and coarse, you'll find it will keep its shape easier if you use a tissue paper base as you stitch it on the machine. If the lace is very fine, you may want to stitch it by hand instead of by machine. Hand-stitching will give you a softer seamline and is a "natural" for this luxury fabric.

Although lace edges don't fray or ravel, it is well to strengthen the seams by putting a row of machine stitching about one-eighth inch from the cut edge.

When lace edges are to be bound, as around the neck or arms-eyes, use a double bias binding, called a French binding. You can make this of the lace itself or of a matching sheer fabric like chiffon, organza or organdy. The curved edge should be stay-stitched before the binding is applied.

-30-

JR:mi
/26/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

(Note to Editor: If you wish to localize this story please contact the Home Adviser in your county. First in a series of three releases on Ill. Home Ec. Extension Week.)

Illinois Homemakers Celebrate Anniversary

URBANA--This week, May 2-8, marks the thirty-ninth birthday of home economics extension work in Illinois. More than 52,000 homemakers are celebrating the occasion by taking stock of accomplishments and making plans to expand the program in order to share the benefits with more Illinois women.

County programs of work throughout the state indicate the keen interest of women in planning and carrying out a sound educational program, says Mrs. Kathryn VanAken Burns, state leader of Home Economics Extension, University of Illinois College of Agriculture. Also, these programs indicate a broad scope of interests, since the women have the final word in planning county and unit programs.

Again in 1953 food selection and preparation topped the list of choices. And this emphasis is not surprising when one considers the role that three meals a day play in time, energy and money in the life of every homemaker. Much nutrition information was packed into

-more-

FOR IMMEDIATE RELEASE

the foods lessons, and the topics selected indicated the importance homemakers are giving to the time and energy factors as well as to the family pocketbook.

Family relations and child development ran foods a very close second. Today women are becoming more alert to the part a satisfying family life plays in personality development and in physical and mental health. Also they are learning the importance of the interaction of family life within the community, the state, the nation and the world.

Some of the topics selected for study in a number of counties were "Helping Youth Face Today's Problems," "Seeing Ourselves as Others See Us," "Guiding the Child Toward Desirable Behavior" and "Helping the Child Develop Emotionally."

The family wardrobe continued to take a sizable share of the budget. And last year at least 98 percent of the clothing topics were selected with the idea of learning how to get better value for the clothing dollar.

With scores of women sewing at home, clothing construction continued to be important. The study of man-made fibers--their identification, performance and the care they require--was written into many county programs.

-more-

FOR IMMEDIATE RELEASE

In home furnishings the emphasis was on ways to make the home attractive in relation to family needs. Do-it-yourself skills that would save money, such as making slipcovers, reupholstering furniture and refinishing floors, furniture and woodwork were popular. With the cost of paid services so high, homemakers are coming to realize that they can make a sizable contribution to the family income by developing such skills and doing the work themselves.

Interest in legal matters is growing in many sections of the state. Last year women studied the rights of married women under Illinois law, different types of insurance, inheritance laws and the settlement of estates.

Methods of improving their personal efficiency in the home was of interest to many. Homemakers have learned that automatic equipment must be used correctly if repair bills are to be kept at a minimum.

Nor was health neglected when county programs were planned. "Guard Your Heart" was the topic most frequently chosen for study, indicating that homemakers are alert to current health problems. The second choice, "What the Homemaker Needs to Know About Physiological Changes in the Body," is evidence that women today prefer to rely on scientific information rather than on hearsay or old-wives' tales.

Community projects in relation to health were many and varied. Homemakers in every corner of the state have given and are

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 4, 1954

The Battle With the Ink Spots

URBANA--Ink stains on clothing appear most often at this time of year as students struggle with term papers and final examinations. Removing the stains may take some doing because writing inks differ a great deal in composition and no one remover suits all of them. And what removes one kind of ink may set another.

Textile chemists in the U.S. Department of Agriculture have done extensive work on stain removal. Home economists of the University of Illinois think the following results of these tests may be useful to homemakers.

To begin with, we are told that it is a mistake to use milk on ink stains. Other methods are easier, faster and more successful. It is true that milk may remove the stain, but it usually takes long soaking and sometimes leaves a spot that is harder to remove than the ink.

It is best to try several methods, beginning with the simplest and the one that is least likely to harm the cloth. Prompt treatment while the ink is still fresh and moist is desirable, because some inks become darker and insoluble as they stand and dry.

-more-

FOR RELEASE TUESDAY, MAY 4, 1954

The Battle With the Ink Spots - 2

If the stain is still wet, use an absorbent, such as corn meal, salt, cornstarch or talcum powder, to soak up the excess and keep it from spreading. Then pour either glycerine or one of the soapless shampoos on the stain. Rub lightly between the hands, rinse and apply more as long as any ink comes from the stain. Finally, rinse in clear water. If traces of color still remain, use lemon juice or citric acid powder. Other bleaches may be used on white fabrics, but they involve some risk on colored material. After using any bleach, rinse it out thoroughly with water.

The washable, nonpermanent inks will come out by rinsing in water and then soaking in soapsuds. If the stained fabric is not washable, however, it is practically impossible to remove the ink by home methods.

-30-

AJR:at
4-28-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

How to Freeze Mushrooms

URBANA--Mushrooms by the hundreds are reported to be popping from the ground in many sections of Illinois, and homemakers are asking how to freeze them.

The foods research laboratory at the University of Illinois, under the direction of Dr. Frances VanDuyne, gives the following directions:

Use tender button or medium-sized mushrooms; if, however, you have ones that are larger than one inch across, you can cut them into quarters after you've washed them.

Wash in a two percent salt solution, which you make by adding one and one-half level tablespoons of salt to one quart of water. Trim off the ends of the stems.

Blanch the mushrooms just as you would blanch any vegetable. Use four quarts of boiling water for one pound of mushrooms. Count the blanching time from the moment you place them into the boiling water. Blanch the tiny button-sized ones for three minutes and the larger ones five minutes.

Cool promptly in cold water, drain, and package, seal and freeze immediately.

-30-

AJR:at
4-20-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 6, 1954

How to Shrink Cotton Yard Goods

URBANA--If you sew, be on the safe side and preshrink any cotton yard goods that's not labeled "Sanforized" or "Preshrunk--maximum shrinkage 1%."

The method for shrinking cotton cloth is simple, and you'll be very sad if you make certain mistakes. Here are suggestions from clothing specialist Helen Zwolanek of the University of Illinois:

Place the material in lukewarm water, and let it become thoroughly saturated. It takes longer for moisture to penetrate some cottons than others, so be sure yours is completely wet. Squeeze out the excess moisture, but don't wring. Twisting the cloth can pull the threads off grain.

Don't hang the fabric to dry. Instead, dry it in a sheet. First smooth the material on the sheet, making sure the selvages and ends are even. Then fold it into the sheet and let it stand for about twelve hours until it is almost dry.

When you unroll it, lay it on a flat surface--the floor, if necessary--until it is completely dry. Again be sure it is smooth and the grain is true, that is, at right angles. Press the lengthwise threads, and the fabric is ready for cutting and sewing.

-30-

AJR:at
4-30-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 7, 1954

Some Effects of Excess Soda in Cakes

URBANA--It's a common mistake to use too much soda when making baked products that call for soda with sour milk or buttermilk.

The amount of soda needed for such products depends on the degree of sourness of the milk that you use, says foods specialist Pearl Janssen of the University of Illinois.

Mrs. Janssen says that one-half teaspoon of soda is an average amount for a cup of ordinary sour milk. Keep this proportion in mind to judge whether you are using the correct amount.

When too much soda is used, it causes a "soapy" taste that overpowers the natural flavor. In some cases this disagreeable taste is partly disguised by the molasses and spices that are used, as in gingerbread for example.

Too much soda will give a product that is tender. With a large amount of soda it may fall, and some of the nutritive value (thiamine) may be lost.

The color of cakes is also affected when too much soda is used. For instance, it will make a devil's food cake red in color and a white cake will have a yellow tint, gingerbread will be dark and a chocolate cake with large amounts of chocolate and too much soda will be very black.

-30-

AJR:at
5-3-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 8, 1954

Try Sweater Before Buying

URBANA--Sweaters of the same style, marked with the same size number, may differ as much as two inches in bust or chest measurement and an inch or more in sleeve length and width. Therefore, it's a good idea to try on a sweater before you buy it.

This information comes from Myra Baker, clothing specialist, University of Illinois, who also says that sweater sizes run smaller than those of other ready-made clothing because allowance is made for the stretch of the fabric. In order to get an easy, comfortable fit, you'll need a size or two larger than your usual dress size. In other words, if you wear a size 36 dress you will need to buy a size 38 or 40 sweater.

If you wear a dress larger than size 36, you may have trouble finding a sweater that fits comfortably unless the manufacturer's line runs large. Many women find sizing a problem, for they don't want the close fit that results when sweaters must be stretched to their size.

To look and feel right, a sweater needs to fit correctly. If it fits well, the neckline will lie smooth and flat, the shoulders

-more-

won't sag and the armholes won't bind. Long sleeves should come to the wrist, and the rib-knit should fit neatly. Be sure there's no strain through the shoulders, the body or the sleeves. The front opening should stay neatly closed, with no gapping or pulling betweed buttons, and the line around the lower edge should be even.

When you do find a sweater you plan to buy, take time to try it on. It will avoid dissatisfaction and exchanges that are troublesome and costly to both you and the store.

-30-

ZAB:at
5-3-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 10, 1954

Choose Pattern to Suit Figure

URBANA--When you select a pattern, choose one that will cover up the irregularities in your figure and emphasize your good points. A woman often selects a pattern because she likes the style without giving much thought to what it may look like on her.

In choosing a pattern with becoming lines, remember that seams are not the only lines of a garment. Darts, tucks, pleats, folds in the fabric, pockets and unusual belts and trimmings are all part of the silhouette.

To help you choose a pattern that is becoming to your figure, Litta Whitesel, clothing specialist, University of Illinois, offers these suggestions to help you decide what lines you must avoid and what ones are best for you:

If your shoulders are narrow, you can make them appear wider with shoulder pads. Try double-breasted jackets, short capes and bright neckwear. Large collars, broad lapels and puffed sleeves are also good. Avoid all of these if your shoulders are broad, and wear raglan or dolman sleeves, halter necklines and narrow lapels. Vertical lines in neckwear or trimming will draw the eye away from shoulder width.

-more-

Choose Pattern to Suit Figure - 2

If you have a short, plump neck, then the V-neckline is best for you--and it should be very simple. If your neck is long and thin, choose a high neckline that has soft ruffles or a collar of contrastin color.

Do you have a large abdomen? Then avoid tight-fitting clothes and vertical lines down the center front that are emphasized by buttons or trimmings. Skirts with soft side drapery or fullness are good.

If your waistline is large, do not accent it with wide or contrasting belts. Instead, try to achieve an unbroken line from shoulder to hem by wearing coat-type dresses, panel fronts and full-length trimmings.

If your arms are either extremely thin or heavy, don't wear sleeves that are very loose or very tight. Instead, choose natural, soft effects. If you are flat chested, don't wear tight-fitting blouses. Wear shirred bodices and fabrics with crispness and body to them.

Vertical lines will lead the eye up and down a figure, making the wearer appear taller. If, however, these lines are evenly spaced and there are a great many of them, such as pleats, they will lead the eye across instead of up and down, resulting in added width rather than height. On the other hand, a horizontal line will add width and decrease apparent height. The seam of a yoke, a square

-more-

neckline and a wide collar all give horizontal movement. When there are many of these lines and they are evenly spaced, they will make the figure appear taller.

Diagonal and radiating lines add interest to a design. A long diagonal line extending from your shoulder to your waist or to the hem of your skirt will add height. However, a short diagonal line running abruptly from waistline to hip, as in a slanted pocket, will add width. Radiating lines add width to the outer points and minimize width at the point from which they radiate. For example, several darts stitched on the side of a dress that radiate from the natural waistline to the bust will minimize the width of the waist and increase the width of the bust. Likewise, folds in a skirt that radiate from the waist to the sides of the skirt will increase the width of the hips.

-30-

ZAB:at
5-5-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 11, 1954

Remedy Sirupy Pie Fillings

URBANA--If your lemon or butterscotch puddings or pie fillings are thin and sirupy, try using less sugar in the mixture. Foods specialist Pearl Janssen, University of Illinois, explains that sugar is greedy for water and tends to use so much that there's not enough left to make the starch swell and thicken.

If the sugar is already added, add more flour or cornstarch, if there is enough starch, it will have a stronger pull on the water than the sugar does.

-30-

AJR:at

When You Make Lemon Filling or Custards

URBANA--When you add an acid, such as lemon juice, to a starch-thickened mixture at the beginning of the cooking period, the mixture will become thick and then thinner the longer you cook it. To prevent this thinning and insure better flavor, add the acid just before the end of the cooking period.

-more-

FOR RELEASE TUESDAY, MAY 11, 1954

When You Make Lemon Filling or Custards - 2

Foods specialist Pearl Janssen, University of Illinois, explains that when the lemon juice is added at the beginning, it has time to act on the starch and partially change it to a nonthickening substance.

-30-

AJR:at

Cornstarch has about two times the thickening power of flour, so when you substitute flour for cornstarch in a recipe you will need about twice as much flour as cornstarch.

-30-

AJR:at
5-5-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 12, 1954

'se More Raisins--They're Plentiful

URBANA--Raisins are in the limelight these days. There's ı campaign under way to remind us that they make most foods taste ›etter.

Sometimes it's the sweetness of raisins that make them in-:eresting additions, sometimes it's the moisture they add and some-imes it's their chewy quality. Whatever it is, most people will gree that many foods do taste better when they include raisins.

Food specialist Carmel Along of the University of Illinois ays you can add raisins to almost any recipe for bread, cake, candy, ookies, muffins or puddings. They are also good in stuffings for eat or poultry and in meat and dessert sauces.

When you use raisins in a batter, however, their sweetness nd flavor will spread more and they will have less tendency to stick f you will first cut them with scissors dipped into hot water. Then ust the chopped raisins with part of the sifted dry ingredients. This ill help keep them buoyed up during baking.

To make raisins extra plump and juicy for use in fruit cup r salad, rinse them in hot water. Or else put them into a colander, over and place over boiling water and let steam for five minutes.

When you open a package of raisins, transfer the ones you on't use to a tightly covered jar or tin. Such storage keeps them rom drying out, and it also keeps them from absorbing moisture and olding in warm, humid weather.

-30-

JR:mi
/7/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 13, 1954

Store Rubber Where It's Cool and Dark

URBANA--Store your winter boots, galoshes and other rubber ear away from their enemies during the summer--or they'll grow "old" nd useless before their time.

The best place to store them is usually somewhere in the asement. As you know, it doesn't take a lot of heat to make rubber ticky and lifeless. That is why it is always poor policy to store rticles made of rubber in attics, closets or places near hot-air ucts or hot water or steam pipes.

Home management specialist Catherine Sullivan of the Univer- ity of Illinois also points out that it's best to store rubber items n a dark place. You may need to wrap them in heavy paper or put hem in a covered box. You'll want to stuff the footwear with loosely added paper to help keep their shape.

If you need to fold raincoats or other large rubber articles, ust talcum powder or cornstarch between surfaces that touch each her.

Rubber articles that are part cloth need a storage space hat is dry as well as cool and dark in order to keep the cloth from mil- ewing.

-30-

R:mi
7/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 14, 1954

Add Variety With Rhubarb

URBANA--Rhubarb can form the basis for many delectable desserts besides pie. Why not try rhubarb crisp, rhubarb cobbler or rhubarb brown Betty? Your family will also enjoy escalloped rhubarb, rhubarb meringue and rhubarb upside-down pudding. You can find recipes for these taste-tempting desserts in lots of cookbooks.

Patricia Wyatt, food specialist at the University of Illinois, believes you're missing the chance to highlight some of your meals if you limit the use of rhubarb to pie. While you can vary your usual rhubarb pies by adding an orange and a dash of nutmeg to the filling or by making a chiffon pie and topping it with shredded coconut, the refreshing tartness of rhubarb is too good to pass up for other uses.

Rhubarb served plain, as sauce or baked is a popular fruit for breakfast or luncheon. And you can make a colorful and delicious appetizer by sweetening fresh rhubarb juice with sugar or honey and adding a dash of lemon or lime juice.

Why not perk up your meal tonight with a rhubarb dish that's new to your family? You'll be glad you did when you see how much they enjoy it.

-30-

ZAB:at
5-10-54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 15, 1954

Buy Patterns by Actual Measurements

URBANA--When you buy a pattern for a dress, remember that patterns are based on actual body measurements. But in ready-made clothing, the measurements are not based on actual body measurements.

Clothing specialist Ritta Whitesel of the University of Illinois suggests that, if you don't already have accurate measurements, you have someone take them for you. Measure the fullest part of your bust, your waist and the fullest part of your hips.

When buying a pattern, let the bust measurement be your guide. It is usually easier to alter the hip or waistline than the bust.

When your actual hip measurement varies several inches from that of the pattern, you may want to buy two patterns--one according to your bust size and the other according to your hip size. The waistline would then be the only part you'd need to alter.

If you find that your measurements almost always vary from those of patterns, try to choose styles that are simple in line and that can be altered easily.

-30-

AJR:at
5-10-54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 17, 1954

Keep Your Lamps Clean

URBANA--From 30 to 50 percent of the light you pay for can be lost if your lighting fixtures are dirty, says Alice Coleman, home furnishings specialist of the University of Illinois. Dirt and dust absorb so much light that none of us can afford to have them around.

Regular cleaning of the bulb or tube itself is the first step. Never entirely submerge a lamp bulb in water. The base is cemented to the glass and, if the cement gets wet, the base may become detached from the glass bulb. Instead, just wipe the glass with a damp, soapy cloth, remove the suds and dry well.

To clean the reflectors, disconnect the lamp from the outlet, and remove the glass or plastic reflector from the lamp. Wash it in warm (not hot) soapy water. Rinse and dry thoroughly inside and out.

The shades can be easily dusted with the soft brush attachment of your vacuum cleaner or with a soft whisk broom. Fabric shades without glued trimmings may be washed or dry cleaned if you are careful to dry them quickly in order to prevent the metal frames from rusting.

-30-

AJR:at
5-12-54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 18, 1954

Sandwiches Go On Picnics

URBANA--The sandwiches in your picnic basket will quickly disclose your skill as a sandwich-maker. To help you become a veteran "craftsman," here are some tips from foods specialist Patricia Wyatt of the University of Illinois:

Use day-old bread. It is firm enough to spread easily and hold the filling and yet is not too hard and dry. Medium-thick slices are better than thin, dainty ones or thick,"bready" ones.

Some people like the crusts trimmed, but trimming takes extra time and is wasteful unless you save the crusts for other uses. Sandwiches also dry out more quickly at the edges when the crusts are cut off.

Butter or margarine at room temperature or creamed with a fork will spread smoothly without tearing the bread. This is much better than melting the fat because it would then soak into the bread too much.

For a flavor treat, work a bit of seasoning into the butter when you soften it with a fork. Use a pinch of mustard, chopped parsley or onion juice, depending on the filling you plan to use. Spread the butter and the filling lightly and evenly to the very edge of the bread.

-30-

AJR:at
5-12-54

Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 19, 1954

Illinois Home Advisers Elect Officers

URBANA--Jeannette Dean, Jackson county home adviser, was elected president of the Illinois Home Advisers' Association when that group met last week in Urbana. Other new officers are Irene Downey, McHenry county, secretary; and Carol Rebbe, Vermilion county, second vice president. They will hold office for the next two years.

Carry-over officers, elected last year, are Mrs. Bertha Varnum, Cass county, treasurer; and Mrs. Frances S. King, Tazewell county, first vice president.

The new president, Miss Dean, has been home adviser in Jackson county since 1939. For the first half of this period, she served also in Perry county. She received her training in home economics at Southern Illinois University, the University of Concinnati and Iowa State College. Before coming to her present position, she taught high school, worked on a Kentucky resettlement project and owned and operated a hotel. In 1949 she received recognition for outstanding work from the National Home Demonstration Agents' Association.

Irene Downey, a graduate of Illinois Wesleyan University, Bloomington, is serving her first year as home adviser in McHenry county. Previously she was in Cass county for three years and taught home economics in the high school at Chebanse, Illinois.

Carol Rebbe has served almost five years as home adviser in Vermilion county and was in Schuyler-Brown counties for two years before that. She taught high school at Easton, Illinois, after she graduated from Eastern Illinois State College.

-30-

AJR:mi
5/24/54

Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 20, 1954

Be Careful With Flammable Cements or Glue

URBANA--A gas stove pilot light and flammable liquid cement being used to fasten floor covering teamed up in Champaign county recently to cause a $30,000 blaze.

The fire completely destroyed a rural home and its contents. The owners were using the cement in the house when the fire started.

Before you use any cement or glue in your home, read the label, advises Gordon McCleary, University of Illinois extension safety specialist. It will always tell whether the material is flammable.

Once you know the cement will burn, you can shut off pilot lights and electric appliances to prevent possible fire. Turn off the pilot light in your gas stove, water heater and refrigerator. Disconnect electric appliances run by a motor, such as a refrigerator, washer, pump or clothes dryer.

If your oil burner is near by, make sure it also is turned off. If you have a coal- or wood-burning furnace, put the cement job off until a day when the furnace isn't being used.

For some jobs you'll have a choice of flammable or non-flammable cement, McCleary says. By picking the one that won't burn, you'll be surer of having your house left when you're done.

-30-

GLM:mi
5/14/54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 21, 1954

Shiny Pans Produce Better Cakes

URBANA--Cakes baked in dull, dark pans have less volume than those baked in shiny pans, and they are sometimes higher in the center than on the sides. Your cakes will rise more evenly and brown more evenly in shiny pans than in dark ones, according to Virginia Guthrie, University of Illinois home management staff. She says the same thing applies to pies and biscuits.

A dark pan absorbs heat, causing the cake to bake more rapidly. The result is a very dark, coarse, thick crust on the sides and bottom of the cake. However, a shiny pan reflects heat in such a way that the sides and bottom brown evenly and the crust is tender and delicate.

Glass and enamel cause cakes to brown more than aluminum does, because they absorb more heat. Therefore, it's a good idea to have your baking temperature 15 or 25 degrees lower when you use glass or enamel utensils.

To get the best texture in your cake, use pans that have straight sides and are not too shallow. The batter should be at least 5/8 to 1 inch deep, but should not fill the pan more than half full.

-more-

FOR RELEASE FRIDAY, MAY 21, 1954

Shiny Pans Produce Better Cakes - 2

To help you determine what size of pan to use, Miss Guthrie offers this guide: For a round layer cake using two cups of flour, use an 8-inch pan for three layers or a 9-inch pan for two layers. For a square two-layer cake, use an 8x8x2-inch pan if the recipe calls for two cups of flour or a 9x9x2-inch pan if you use three cups of flour. A loaf cake calling for two cups of flour should be baked in a pan 10x5x3 inches, and a sheet cake calling for three cups of flour should be baked in a pan 13x9x2 inches. A recipe calling for one cup of flour will make 12 medium-sized cupcakes.

-30-

ZAB:at
5-17-54

Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 22, 1954

Include Turkey on Your Menu

URBANA--If you haven't given your family turkey for a while, plan to include it in your menu for the next week. You'll find plenty of birds still on the market in the midwest. These include the heavy breeds as well as "family-sized" fryers weighing only four to eight pounds.

The turkey industry today can supply you with only part of a turkey if you prefer. You can now buy it in halves or quarters, cut up or by the piece. You can get it fresh or in packages and cook it in any way you want. Have you tried it fried, broiled, barbecued or fricasseed instead of the more traditional roasting? If you haven't, your family has been missing a special treat.

When you buy a ready-to-cook turkey, you get nearly three-fourths, or 74.2 percent, of it in edible meat, according to a study made at the University of Illinois under the direction of meats specialist Sleeter Bull. The same study shows that you get 65.5 percent of edible meat from a broiler chicken.

-30-

ZAB:at
5-17-54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 28, 1954

Accuracy Important In Measuring Flour

URBANA--Sifting flour directly into the measuring cup can save you some time, but your measurement may not be accurate, according to Pearl Janssen, University of Illinois foods specialist.

Mrs. Janssen says you'll have about two tablespoons less flour per cup if you sift flour directly into the cup than if you transfer it after sifting, because the flour will repack when it is spooned into the cup. Most recipes are based on the method of transferring flour to the cup after sifting.

Although a difference of two tablespoons per cup wouldn't have much effect on plain cakes or muffins, it could cause tender angel cakes or very rich cakes to fall.

For these especially delicate cakes, Mrs. Janssen suggests that you either transfer the flour to the measuring cup after you have sifted it or add two tablespoons of flour per cup of sifted flour if you sift directly into the cup.

-30-

ZAB:at
5-24-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Note to Editor: Third and last in the Illinois Home Economics Extension Week series. If you wish to localize the story, please contact the Home Adviser or the Home Bureau President in your county.)

Illinois Home Bureau Federation Observes Week

URBANA--Illinois Home Bureau Federation members are observing this week, May 2-8, with special community programs and exhibits. And their record is worthy of note, for the organization now has 98 associations in 101 counties with more than 52,000 members.

The chief purpose of the federation is to supplement the work of the Home Economics Extension Service and to bring about a better understanding of the homemaker's relation to the home, church, school, community, state and nation.

Keynoting the program of work is the motto "Today's Home Builds Tomorrow's World." It lists such committees as safety, health, rural schools, music, recreation and legislation.

Outstanding work has been done by the committee on rural schools. It was instrumental in awakening both rural men and women to the problem presented by the 10,000 one-room rural school situation in the state. Each year some phase of rural education on which women

-more-

FOR IMMEDIATE RELEASE

should be informed has been selected for study. This year the committee has developed a project on "Understanding School Laws of Illinois" which is proving both interesting and popular.

One of the highlights of the program is the Citizenship and Home Bureau Organization Conference which has been held each June since 1936. In cooperation with the Home Economics Extension Service, the conference is planned for all county presidents and vice presidents. Outstanding speakers are scheduled, organization plans are made, training for citizenship is given and planned recreation and fellowship are enjoyed.

County home bureau groups sponsor 4-H Clubs, help secure leaders and members and frequently serve as club leaders. They have helped to develop programs for rural youth and young married groups and have cooperated with many organized groups for community betterment in health and welfare.

Nor are home bureau women concerned only with home and community affairs. As members of the Associated Country Women of the World, they are interested in national and international problems and situations. Many counties have written the United Nations into their study programs. Others are studying specific countries. All counties have pledged to support the International Visitors Project and the International Farm Youth Exchange Program.

-more-

FOR IMMEDIATE RELEASE

Illinois Home Bureau Federation Observes Week - 3

Firm in the belief that freedom for all cannot be achieved around conference tables alone, but must be engendered in the hearts and minds of people, they are giving of their time, energy and money in order to lend a helping hand. They have collected "Pennies for Friendship," have participated in the UNESCO Stamp Book and UNICEF Greeting Card Programs, have sent CARE packages by the score and have helped with the Christian Rural Overseas Program.

-30-

JEH:at
5-3-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 24, 1954

How to Avoid Crumbly Pastry

URBANA--Struggling to roll out a crumbly pie-crust dough is no fun. Pearl Janssen, foods and nutrition specialist of the University of Illinois Department of Home Economics, says it is usually caused by using too little water in mixing the dough or not forming the dough into a compact ball after adding the water. With too little water, the dough might even turn out to be too tender and "mealy" after baking.

Mrs. Janssen recommends that you use enough water in making your dough to get a compact ball or dough that is not crumbly. Don't be afraid that the water will make the crust tough. If you have used as much as 1/3 cup of fat to each cup of flour, there is enough fat to make the pastry tender. Using slightly more water will just make the dough easy to handle. And with a little more water the crust will also be somewhat crisper.

Some homemakers do not handle their pie dough enough. It should be kneaded lightly five or six times with a folding-over motion. This kneading will make the pastry easier to roll out, and the result will be a more flaky product.

-30-

AMS:at
5-19-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 25, 1954

Store Canned Foods at Cool Temperatures

URBANA--Protect your canned foods from vitamin loss by storing them at a moderately cool temperature in a dry cellar or closet. Storage temperatures should never be higher than 80° F., and lower temperatures are more desirable.

Experiments have shown that vitamin loss during storage at high temperatures varies with the particular vitamin and with the type of canned food. The length of time canned foods are stored also affects the retention of certain vitamins.

Mrs. Doris Skarha of the foods research staff at the University of Illinois reports that research has been done at various universities on the effects of time and temperature on vitamin content of canned foods.

In one study eight fruits or fruit juices were held at 50° F. or 65° F. for one year. No significant losses in ascorbic acid, thiamine or carotene were noted. However, in food stored at 80° F. for the same length of time, 20 percent of the ascorbic acid, 13 percent of the thiamine and 6 percent of the carotene were last.

-more-

FOR RELEASE TUESDAY, MAY 25, 1954

Store Canned Foods at Cool Temperatures - 2

Another year-long study of storing canned cured pork showed that the quality of the meat was correlated with storage temperature. Quality was most desirable when the pork was held at 45° F. When it was stored at 98° F. the juice separated from the meat, making the product less satisfactory.

Mrs. Skarha points out that freezing canned foods will not impair their nutritive value. Reports indicate no loss of vitamins in canned foods that had been frozen for long times during polar expeditions. However, repeated freezing and thawing does cause a severe breakdown in texture.

-30-

AJR:mi
5/19/54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 26, 1954

Mend Men's Suits With Sturdy Materials

URBANA--In mending, as in anything else you do, your work will be easier and your results better if you have the right materials to work with, says Jane Werden, University of Illinois textiles and clothing specialist. Before you mend men's suits, Miss Werden suggests first checking your equipment, becuase you may not have the heavier materials you need for doing this job.

For stitching, you'll need three-cord mercerized thread, size 0. If you can't find an exact match it's better to buy darker rather than lighter colors. Black will be best for blue suits, because blue thread looks much darker on the spool than when it is worked up.

For stitching buttonholes, buy buttonhole twist (8 strands braided together) made especially for men's suits. It is sold by the yard, and you can make eight average buttonholes from 3/4 yard. It is heavier than the thread made for women's clothes and lighter than that used for overcoats.

You can replace lost or broken buttons with ones you have kept from worn-out suits, or you can buy them at very small cost at notion counters.

-more-

For lining material buy firmly woven rayon in a twill weave. Preshrink the material before you cut it so that seams will not pull out after you have put it in the suit. If you buy dark linings, make sure they will not rub off on white shirts.

For new pockets, cotton twill will outlast muslin. It comes in 30-inch width, which is wide enough to make two side pockets from one length. The amount you'll need to buy will depend on the pocket length, so measure before you buy. Don't forget to allow for seams.

Be sure to save any scraps of suit material you cut off in making alterations. If the suits are custom-made, get a few of the scraps left over from fitting. You may need them for making repairs later.

When you are mending, just as when you are making a new garment, it is important to steam-press the wool as you go along, so keep your press cloths handy. You'll do a better job if you use a dry wool press cloth next to the wool fabric with a wet cotton one on top of that. Never put moisture directly on wool fabric. Set the iron down on the wet press cloth and lift it again. Continue in this way until the spot is pressed.

-30-

ZAB:at
5-21-54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 27, 1954

Frozen Strawberries Make Excellent Jam

URBANA--If you still have some frozen strawberries in your freezer, why not make them into jam so that you'll have more room for this year's crop? Food research specialist Virginia Charles of the University of Illinois says strawberry jam is an excellent way to use frozen strawberries.

Miss Charles says to use three cups of sliced frozen strawberries (24 oz.) and 3½ cups of sugar. Combine the fruit and sugar and bring to a full rolling boil. Keep mixture boiling hard for one minute, stirring constantly.

Then remove it from the heat and add pectin. Use either one-half cup of liquid pectin (½ bottle) or one box of powdered pectin dissolved in one cup of water that has been boiled rapidly for one minute with constant stirring. After pectin has been added, stir and skim by turns for five minutes to cool the mixture and to prevent the fruit from floating.

Pour into jelly glasses and cover immediately with one-eighth inch of paraffin. These proportions will make about ten 6-ounce glasses of jam.

-30-

ES:at
-21-54

Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 29, 1954

Care of Your Broiler

URBANA--Your broiler will be easy to clean if you grease the rack with vegetable oil or shortening before using it. Also, take the broiler pan from the range as soon as you finish broiling so that grease and food will not burn on.

Virginia Guthrie of the home management staff of the University of Illinois suggests that you pour off all the drippings as soon as you've finished broiling. Then fill the pan with hot water and add a soap powder or detergent to cut the grease.

If food has burned on, use steel wool pads containing soap if your broiler is aluminum or stainless steel. If the broiler is made of enamel, use a mild cleaning powder because the coarse scouring will damage the enamel.

Not all broiling units are designed as a part of the oven; but if yours is, it's a good idea to remove the broiler pan when using the oven. This will prevent interference with heat circulation and will also prevent cracking of the enamel or warping of the metal pan.

-30-

AMS:at
5-24-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 31, 1954

Permanent Pleats Now in Cotton Yard Goods

URBANA--Textile manufacturers have scored again. You can now buy permanently pleated cotton by the yard and make your own skirts for summer wear. The fabric needs no ironing, and it comes in many plain colors as well as stripes.

There are two types of this pleated material. Jane Werden, textiles and clothing specialist at the University of Illinois, says that one type is pleated lengthwise on the bolt; the other is pleated crosswise. Therefore, the amount of material you buy and the way you make the skirt will depend upon the direction of the pleats.

If the pleats run crosswise on the bolt, you can buy the material by the inch--enough to go around your waist plus one more inch for the seam. Then stitch the pleats at the top and cut off enough to leave just the length of the skirt. You don't need to leave a hem allowance--the finished selvage becomes the hem. Sew the side seam, leaving a 7-inch opening at the top and put the waistband on (it comes with the material). Add a hook and eye and your skirt is finished.

-more-

If the pleats run lengthwise on the bolt, buy enough for the length of your skirt. If the material is not wide enough to go around your waist, you may have to buy two or three lengths and sew them together. After sewing the side seam, again leaving an opening at the top, put on the waist band. You can cut it from one of the selvage edges. Add a hook and eye, put a shirt-tail hem in the bottom, and your skirt is finished.

Miss Werden says that on skirts made from fabric pleated lengthwise the shirt-tail hem makes the bottom stand out slightly, while on that pleated crosswise it flares out more softly.

-30-

ZAB:at
5-26-54

Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 1, 1954

Don't Overmix Muffins Nor Undermix Buscuits

URBANA--While muffins often tend to be overmixed, biscuits may show the effect of too little mixing. It takes only about 15 mixing strokes for muffins--just enough to barely moisten the dry ingredients, says Mrs. Pearl Janssen, foods specialist at the University of Illinois Department of Home Economics. She explains that too much mixing makes the product tough and heavy, with an uneven grain. The tops of such muffins will be peaked and shiny.

On the other hand, if you don't knead biscuits enough, they may resemble muffins. They will have a coarser texture than is desirable in biscuits and will be smaller in volume. Mrs. Janssen recommends two methods of handling biscuit dough to give the desired fine-grained, flaky texture that will peel off in layers.

Either roll out the dough lightly and fold it over, repeating this process three times, or knead it in a folding-over motion about 20 times. The first method is the safer one, especially for less experienced homemakers.

-30-

MS:at
5-26-54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JUNE 2, 1954

Do You Eat Enough Protein?

URBANA--Check your diet if you feel tired and run down. Nutritionists today have found that fatigue and lessened vigor are often caused by lack of enough protein.

Dr. Marian T. Childs, nutrition research specialist of the University of Illinois, says adults who are enjoying normal health should eat about 70 grams of protein a day or, to be more exact, 0.4 or 0.5 gram of protein per pound of body weight.

Protein is needed for building body tissue. It is composed of many different kinds of amino acids, of which 22 play an important part in human nutrition. The human body, almost a chemical factory by itself, can make all but eight of these amino acids. These eight are called the essential amino acids, because it is essential to include them in the daily diet.

Nutritionists distinguish between high-quality proteins and low-quality proteins. The high-quality proteins contain the essential amino acids in adequate amounts and the right proportions. They are derived mostly from animal sources, such as meat, poultry, fish, eggs, milk and cheese. Low-quality proteins are found mostly in the vegetable sources, such as wheat, corn, rice, beans and peas. Since

-more-

they do not contain all of the essential amino acids that are important in human nutrition, they have to be supplemented by high-quality proteins that supply the missing amino acids and make it possible for all the amino acids to be used.

Dr. Childs suggests that we plan our meals to make the best possible use of all sources of protein. Milk is always a good food to supplement low-quality proteins. So is cheese. Beans taste good with a cheese sandwich.

By selecting foods carefully, one can increase the animal protein content in the diet without greatly increasing the cost. Skim milk and dried milk, for instance, are as rich in protein as is whole milk, and they are less expensive. Cottage cheese is about one half to one third as costly as beef for the same amount of protein. Liver, a good source of protein, is relatively inexpensive, especially pork or beef liver. And the less expensive cuts of meat have just as many of the essential amino acids as the more expensive meat cuts.

-30-

AMS:at
5-27-54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 3, 1954

Duo-Purpose Utensils Make Fine Gifts

URBANA--The annual rush of showers and weddings is here again, and buying gifts for them can sometimes be quite a problem. In these days when young married couples are moving here and there about the country or living in small apartments where storage space is limited, it's sometimes hard to know just what to give them.

Virginia Guthrie of the home management staff of the University of Illinois suggests that you consider buying duo-purpose utensils for gifts. They are very handy and can certainly save space in the cupboard. Miss Guthrie says you can find duo-purpose utensils in almost any housewares department.

Small pans with wire racks make handy little broilers. The pan can be used for baking, and the rack can be used for a cake cooler.

One double boiler has a bottom pan that can be used as a covered or uncovered saucepan and an upper pan that can be used as a casserole or pudding pan.

Some round roasters are made so that both top and bottom can be used as cake pans. On others only the top can be used as a

-more-

cake pan, but the bottom is also a casserole; with a rack, it may be used as a broiler. Here again the rack may be used as a cake cooler.

One egg poacher on the market has square divisions for four eggs (so that the eggs will fit the toast). If you remove the dividers, you can use the pan for making candy or baking a cake.

Miss Guthrie says one very practical utensil, about the size of a saucepan, is a combination masher, ricer and strainer.

If you buy an oblong cake pan with cover, the cover can serve as a cookie sheet and the pan for roasting or for gelatin salads. Together they can be used as a bun warmer or for keeping food fresh. They're useful, too, when carrying food to a picnic or pot-luck supper.

-30-

ZAB:at
5-27-54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 4, 1954

Improve Your Cakes With Emulsified Fat

URBANA--To get a smooth, silky texture in your quick-mix cakes, use a fat that has had an emulsifier added to it.

This advice comes from Mrs. Pearl Janssen, University of Illinois foods and nutrition specialist. She says the labels on fats don't always mention an emulsifier, but you can be sure that all vegetable shortenings, like margarine, and hydrogenated fats have it.

The emulsifier creates a reaction that makes long periods of creaming butter and sugar together or beating the batter unnecessary. Years ago, women spent a great deal of time mixing cakes, but Mrs. Janssen says you can get almost the same results with the four-minute method when you use a fat that has the emulsifier added to it. If it has not been added, your cake may have a coarse grain and texture.

-30-

ZAB:at
5-28-54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 5, 1954

Self-Help Fasteners on Children's Clothes

URBANA--If you expect your child to learn how to dress alone, be sure his clothes are simple.

Mrs. Millicent Martin of the Child Development Laboratory at the University of Illinois says 3- to 4-year-old tots can manage garments well that require no fasteners. Pullover shirts and dresses are good choices if the openings are big enough to allow them to slip off and on easily.

Wide elastic bands or belts are another helpful feature. As to fasteners, choose those that fasten in front or on the side. Mrs. Martin says simple, flat, round buttons at least 1/2 inch in diameter are the easiest kind to master. Grooved edges give the child a better grip on the button.

Slide fasteners are easy to close and open, especially if they are in firm materials like corduroy or woolens used in jackets and snowsuits.

Use snaps or grippers only if they are large enough to fasten easily. Hooks and eyes are too hard for children to master; so are crocheted loops.

Bows and sashes are much too difficult for a young child to tie. Also they are apt to become unfastened during active play and may present a safety problem.

-30-

AMS:at
5-38-54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 7, 1954

Buy Him A Shirt That Fits

URBANA--If you're planning to buy Dad a shirt for Father's Day, you'll want to know what size to get so that you won't have to bother with exchanges afterwards. Helen Zwolanek, clothing specialist at the University of Illinois, suggests that you measure a well-fitting old shirt to be sure of getting the right size.

Sleeves range in length from 32 to 36 inches. The best way to determine sleeve length is to measure from the bone at the back of the neck to the wrist bone. But you won't want to do this if the shirt is to be a gift. In that case you can measure the old shirt from the center of the back to the wrist. Make sure it's a shirt that fits, however.

Neck sizes of shirts range from 14 to 18 inches. You can use an old shirt for this measurement too. Lay the collar flat and measure the inside of the neck band from the center of the button to the far end of the buttonhole.

Collars are made in different heights to suit short, average or long necks. A man with a short neck would find a high collar both uncomfortable and unbecoming. It would wear out in a hurry, too,

-more-

because of the extra wear on the folded edge. Measure the height of that old collar if you're not sure about his neck length.

The shirt back should not be cut straight across at the top where it joins the yoke; it should be rounded higher at the center so that it will not tear away from the yoke. A full-cut back is always needed for free movement of the arms. Fullness over the shoulder blades will provide for this action, so that the shirt will not tear.

-30-

ZAB:at
6-2-54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 8, 1954

Give Your Automatic Washer a Chance

URBANA--An automatic washer can take most of the "work" out of wash day, but it can't quite do the job alone. If you aren't satisfied with the job your equipment is doing, perhaps it is because you are not giving it a square deal.

Catherine Sullivan, home management specialist, University of Illinois College of Agriculture, reminds us that we should continue some of the practices required by other types of washers if we want top-notch performance.

Soiled clothes call for some preparation before they are tossed into any machine, automatic or otherwise, For example, stains should be removed because the high temperature of the wash water may set them permanently. Heavily soiled parts of garments, such as the collar and cuffs of shirts and the knees of children's slacks, should be brushed with a heavy solution of the soap or syndet that you are using for the washing job.

One of the most common mistakes in operating an automatic washer is overloading. Not only does this practice prevent thorough washing but, if continued over a period of time, it may damage the

-more-

equipment. Know the capacity of the machine. The Book of Direction or the Guide Chart lists the information specifically. If necessary weigh each load until you learn to estimate the size or amount.

Another practice that will help your machine give good results is to vary the size of the items that make up each load. For example, combine one or two sheets or tablecloths with towels or pillowcases rather than selecting all large items. This makes for easier and more thorough circulation of water throughout the load and the result is better washed clothes.

-30-

JEH:at
6-2-54

Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JUNE 9, 1954

Shirts Can Last Longer

URBANA--The collar seems to wear out sooner than any other part of a man's shirt. That is because it is always folded on the same line and gets a great deal of rubbing.

Helen Zwolanek, University of Illinois clothing specialist, offers these suggestions for prolonging the life of men's shirts. Always turn a worn collar before there are breaks in the fabric. If you prefer to replace it, you can buy new collars at notion counters. Or you can use the old collar as a pattern and make your own. You'll probably have a hard time trying to match collars for colored shirts. While you will not have this problem in buying white ones, do try to match the quality of broadcloth.

Next to the collar, the buttonhole on the neckband gets the most wear. This is especially true if the collar is snug because of an increase in weight, shrinkage of material or just the wrong size in the first place. Rework the buttonhole by hand when it begins to pull.

Like the collar, the cuffs wear from constant rubbing. Here again you can either turn them or buy new ones. Many times rubbing

-more-

will cause shirts to give way at the neck edge under the collar, and you just can't do anything about it. Constant rubbing will cause the elbows to wear out, too. You can either patch them or cut off the sleeves.

Overloading will sometimes tear pockets and may even tear the shirt itself. There are several things you can do here. Make sure pockets are well reenforced to begin with, and then try to keep the men in your family from putting so much in their pockets at once. If you notice the strain before the fabric breaks, you can use iron-on tape or stitch over several threads to strengthen the area. If the shirt is torn, remove the pocket, mend the tear and sew the pocket on over the mended area.

-30-

ZAB:at
6-4-54

Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 10, 1954

Fresh Vegetable Plate Is Good Choice

URBANA--Try a fresh vegetable plate for lunch or dinner. Your family will be delighted, and you will find it both economical and easy to prepare.

Contrast in color, contrast in flavor and contrast in texture are three guides to making a successful vegetable plate, suggests a foods and nutrition specialist at the University of Illinois.

Miss Patricia Wyatt recommends that you have at least one green vegetable and one red, orange or golden-brown one in every combination. Such garnishes as paprika, cheese, radishes or parsley will help to improve your color scheme by adding a bright touch.

To get contrast in flavor, select a vegetable from each flavor group, sweet, strong, sour and bland.

And last but not least, try to achieve contrast in texture. A buttered vegetable, a scalloped vegetable, a baked and perhaps a panned vegetable, and a few raw ones for garnish, will give you contrast in texture as well as variation in moisture content. Crisp

-more-

potato chips, strips of fried bacon or toast triangles as garnish might also help you get the desired contrast in texture.

Of course, you are well acquainted with the different ways of preparing vegetables. But Miss Wyatt suggests a few methods that are not commonly used.

By baking vegetables either in the skin or in a casserole, you can retain most of the vitamins, minerals and flavor. You may bake potatoes, squash, cucumbers, tomatoes and onions in the skin, and corn in the husk.

If you have never broiled either raw or cooked vegetables, try this method of cooking. Raw potato slices, mushrooms, onion slices, tomato halves or summer squash is very tasty when broiled. Brush the vegetable with fat before placing it on a rack about three inches below the flame. You might need to turn it once during broiling and brush again with fat.

Among cooked vegetables that lend themselves well to broiling are asparagus spears, cauliflower flowerets, whole carrots, sliced eggplant, whole onions and parsnips, Irish and sweet potatoes and winter squash. Before broiling, brush with fat or dip in an egg-milk mixture. You can also roll any of these vegetables in crumbs after brushing with fat or dipping in the liquid.

Panning vegetables may be new to you. Miss Wyatt suggests it as a quick, simple method. Young tender cabbage, carrots, celery,

FOR RELEASE THURSDAY, JUNE 10, 1954

'resh Vegetable Plate is Good Choice - 3

›kra, onions, parsnips, potatoes, spinach and other green vegetables ıre delicious when panned.

Shred, slice, dice or cut the vegetable into thin strips. Melt 2 to 4 tablespoons of fat for each quart of prepared vegetable. 'hen add the vegetable and desired seasoning. Cover the pan tightly .nd heat until steam begins to form. Then reduce the heat and cook ıntil tender, stirring occasionally to prevent burning.

-30-

MS:at
-4-54

'hen You Make Cream Puffs

URBANA--If you want your cream puffs to really "puff" and ncrease in volume, be sure not to overcook the mixture or water, 'at and flour. Pearl Janssen, foods specialist of the University of llinois, says to take the mixture off the stove when it leaves the ides of the pan and forms a compact ball.

-30-

MS:at
-4-54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 11, 1954

First Aid for Home Freezers When Power Fails

URBANA--In case of a power failure that involves your home freezer, try to find out how long the trouble will last. If the power is to be off only a few hours, you'll need to take no precautions, provided you don't open the freezer.

However, if the trouble will last more than three or four hours, the best plan is to use dry ice to keep the food frozen. Home management specialist Catherine Sullivan of the University of Illinois suggests that it is a good idea to know, ahead of time, the nearest source of dry ice and the amount that can be supplied on short notice.

A 50-pound cake of dry ice is enough to protect the average-sized home freezer up to about 36 hours. Saw or chop the cake into pieces suitable for the sizes of the storage conpartments.

If you have food stored in the freezing compartment, move it into the storage compartment before using the dry ice. Cover the packages of food with boards, and place the dry ice on the boards, not directly on the food.

Keep the freezer closed until you need to add more ice, or until the equipment has been in operation for several hours. Covering the freezer with blankets will help to maintain the temperature when dry ice is used. However, blankets used alone are of little, if any, value.

-30-

AJR:at
6-7-54

Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 12, 1954

Drip Dry Your Embossed Cottons

URBANA--To stay lovely after washing, embossed cottons need different care from regular cottons. Clothing and textile specialist Jane Werden of the University of Illinois gives some tips for laundering this popular fabric:

Don't use bleach when washing your embossed cottons because they might turn yellow. Bleach also weakens this fabric.

Since the finish used for embossing also provides stiffening, none of your embossed cottons will need starching. Just hang them up, pull them into shape and let them drip dry, if possible. Don't wring them too much, as wringing adds wrinkles.

Also, try to avoid pressing your embossed cottons if possible. However, if they do need ironing, Miss Werden cautions to iron them when they are dry instead of damp. Use a cooler iron than you generally use for cottons, and iron them on the wrong side.

A pad on the ironing board will help to make the pattern show up nicely again after ironing. A terrycloth towel makes an excellent pad for this purpose.

-30-

AMS:at
6-7-54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 14, 1954

Sew With Dacron Thread

URBANA--Another synthetic thread has made its debut on the market. It's made of Dacron. You can use Dacron thread for sewing natural fabrics, but it's reported to be wonderful for the synthetics and their blends.

Dacron thread is very strong and is especially good for jersey, tricot and sheer fabrics, according to Edna Gray, University of Illinois clothing specialist.

Miss Gray offers these suggestions to help you sew successfully with Dacron thread: First of all, make sure you have good tension on your machine. For synthetics, a rather light tension is best, and you can get this by loosening the tension on the bobbin thread very slightly and then adjusting the needle thread until the tension is equal to that of the bobbin thread.

If you use a small felt pad under your spool, the thread will not pile up around the spool pin. It's also a good idea to put the notched end of the spool at the top so that the thread will not catch on it.

-more-

Try out needles of different sizes to discover which produces the best result. The size of your needle will depend, of course, on the weight of the fabric you intend to stitch. If the fabric is very fine, you'll want to use a fine needle; if it is coarse, you'll have to use a coarser one. Stitch at an even pace so that your fabric will feed evenly through the machine.

One last work of caution: Be sure to use a low temperature when you press a garment stitched with Dacron thread, regardless of the temperature the fabric might be able to stand. High temperatures will melt Dacron, and you might find the seams coming apart if you use a hot iron.

-30-

ZAB:at
6-9-54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 15, 1954

Breakfast Can Be Interesting

URBANA--Tempt your family into eating breakfast. Breakfast is no time to preach nutrition, but a time to practice it.

Miss Harriet Barto, nutrition specialist of the University of Illinois, says to try to keep the basic breakfast pattern in mind when preparing breakfast. It always includes fruit in some form, cereal or bread, and a beverage, such as coffee, plus milk. This pattern can be easily elaborated at any time with protein-rich foods, such as eggs, meats, cheese and fish.

Even if the pattern is set, you can provide lots of variety in serving it. Substitute fresh or stewed fruit occasionally for fruit juice. And with the many ready-to-eat and cooked cereals, it's no trick at all to have variety in this course. Stewed or fresh fruit often blends in well with the flavor of cereals.

And just think of the many different dishes you can prepare from eggs. Fried and scrambled eggs are favorites of most people, but for variety serve French toast, omelets filled with jelly or cheese, poached eggs or eggs creole once in a while. Did you ever try scrambled eggs with cream cheese softened with milk?

-more-

Breakfast Can Be Interesting - 2

Meats also offer a wide selection. You have bacon, ham, sausages, Canadian bacon and chipped beef from which to choose. Or you might give fish a try. Finnan haddy, codfish cakes or other smoked fish are delicious for breakfast.

Miss Barto has one more suggestion for making your family enjoy breakfast: If your children can't eat right away, let them play for half an hour before calling them to the table. Moderate exercise before breakfast will increase the appetite of any one.

-30-

AMS:at
6-9-54

Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JUNE 16, 1954

Make Sure Orlon Coat Is Washable

URBANA--When you buy an Orlon or nylon coat, you'll expect it to be washable, so make sure that every part of it is made from washable materials. Check the shoulder pads, the thread, the interfacing and the lining, advises Edna Gray, University of Illinois clothing specialist.

If all the parts are made of synthetic fabrics, you can be sure that they will dry quickly and that neither the thread, canvas, nor lining will shrink or pull the garment out of shape.

The same rules apply if you are planning to make the coat yourself. You can buy shoulder pads of Orlon, thread of nylon or Dacron and lining of Orlon or nylon. The interfacing should be of washable canvas. When choosing the interfacing, try the effect of the different ones between two layers of coat fabric. Observe the effect in a fold such as would come in a revere or cuff.

An Orlon or nylon coat can be one of the most luxurious looking and yet one of the most practical coats you've ever owned. So read the tags or question the sales clerk to make sure you're getting the fabrics you want.

-30-

ZAB:at
6-11-54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 17, 1954

When You Buy Fresh Fish

URBANA--There should be enough fish for every sportsman in the nation's streams this summer. But if they "aren't biting" when your family goes fishing, you can always stop at a fish market on your way home.

You'll find that fresh fish are marketed in many different ways--whole, just as they come from the water; drawn, with internal organs removed; or in a variety of other pan-ready ways.

Foods specialist Patricia Wyatt of the University of Illinois points out that whole fish may be cheaper than other cuts. But remember that you'll also have more waste, and more work too.

If you buy the fresh, whole fish, look for the following signs of freshness: The eyes should be bright, clear and bulging; the gills, reddish-pink and free of slime. Check to to sure that the scales are tight to the skin and that the flesh is firm and elastic, springs back when pressed and doesn't separate from the bones. A fresh odor is always important, too.

-30-

AMS:at
6-11-54

Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 18, 1954

When You "Make Over" Old Garments

URBANA--If you can't use an old garment "as is" and if you decide that the cloth in it is worth the time and effort to remake it, here are some practical pointers from clothing specialist Fern Carl of the University of Illinois:

As a first step, wash the old garment. Sometimes you can even give new life to the material by bleaching or dyeing colors that look dull and old.

In deciding what to make, consider the weight and texture of the cloth. Also, the amount of goods you have to work with will obviously be limited by the style, cut and size of the old garment. The challenge of remaking some garments will tax your wits more than others. Remember that you can often make "accessories" like dickies, aprons, beach bags and play clothes from outgrown garments or ones with worn sections in them that can't be used.

Sometimes a dress that has worn out under the sleeves will make an excellent sun dress or pinafore. Some dresses will take on new life with the simple addition of new pockets, buttons, collars and cuffs or an artificial flower.

-30-

AJR:at
6-14-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 19, 1954

Everyone Needs Good Breakfast

URBANA--Every member of your family should eat a breakfast that will provide one-fourth to one-third of his daily food needs.

University of Illinois nutrition specialist Harriet Barto says the "no-breakfast" habit is the cause of many headaches, much irritability and lowered efficiency or mid-morning fatigue.

The breakfast pattern that includes fruit, cereal or bread and a beverage plus milk, with the frequent addition of eggs, bacon, other meats, cheese or fish, did not develop just by chance. Each of these foods serves a specific purpose.

Fruits and citrus fruit juices supply vitamins, especially vitamin C, which the body needs every day. Breads and cereals provide energy, along with some vitamins and minerals. When they are combined with milk, they also provide proteins.

Milk, eggs, meat and other protein-rich foods that contain some fat, give you a strong feeling of well being. Some of these foods "stick to the ribs" a little longer, too.

Milk is a good source of calcium, phosphorus and top-quality protein. One advantage of including cereals in the breakfast pattern is that most people put milk or cream on them and in this way get more milk than their breakfast might otherwise supply.

-30-

ZAB:at
6-14-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 21, 1954

Shantung Now Spot-Resistant

URBANA--If you've discovered the hard way how a shantung suit or dress water-spots, you'll be glad to hear that the textile manufacturers are now making a spot-resistant shantung.

The spot-resistant finish is a tremendous advantage while it lasts, says University of Illinois clothing specialist Edna R. Gray. But she warns that it may be less effective after many dry cleanings.

Read the label or ask the sales clerk so that you will know what you're buying. The label will tell you whether or not the fabric is spot-resistant and whether it is washable.

If your shantung garment does get a spot, whether or not it has a spot-resistant finish, don't try to remove it yourself. Instead, take it to a reliable dry cleaner. If he can't remove the spot, take the dress back to the store where you bought it, or write to the manufacturer.

-30-

ZAB:at
6-16-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 22, 1954

Toys Children Like on Trips

URBANA--Toys that promote contentment and are easy to carry should go into the suitcase for travel-bound youngsters. A wise choice of toys can make the period of travel a happier one for the whole family.

Child development specialist Margueritte Briggs of the University of Illinois says a doll that can be dressed and undressed, paper dolls with clothing and a stuffed animal the child can cuddle will provide companionship and interest for boys and girls in a wide age range.

A variety of children's books, including some to read and to color, a package of colored pencils or crayons are also good choices for children from toddler age up.

Small cars that can be manipulated in a small space will keep little boys happy. Girls like doll-house furniture, and you'll also find it practical for a small space.

In selecting toys to fit the special interests of your children, remember that their span of interest is short. They need variety, especially when travel plans upset their normal routine.

Remember, too, that children need exercise. Let them "stretch their legs" during station-stops of the train or plane. If you are traveling by auto, stop at least every hour so that the whole family can get out and stretch and change seats.

-30-

AJR:at
6-16-54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER WEDNESDAY, JUNE 23, 1954

Iron And Press With Seam Roll

URBANA--Use a seam roll to press seams open in a dress that's made of rayon, acetate or one of the new synthetic fibers, and you won't find a mar on the material where the seam edges lie against the garment.

This advice comes from Edna Gray, clothing specialist at the University of Illinois, who says that you don't need to buy any new gadgets in order to have a seam roll. You can roll up a big magazine, fasten with cellophane tape and roll it in a towel or clean cloth. Or wrap your rolling pin in a clean towel.

Then, when you press or iron, lay the seams lengthwise on this roll. (Make sure you always press on the wrong side of the material.) Because your iron is flat and the roll is round, the iron can't put equal weight across the entire width of the seam. The result is that the opened seam edges will not leave a mark on the material.

If you have a sleeve board, you can lay the seam lengthwise against the curved edge of the board instead of using a seam roll. When you see what a seam roll can do for your clothing, you may decide you want one that's permanent. If so, Miss Gray suggests that you pad and cover a tightly rolled magazine with thoroughly washed muslin.

-30-

ZAB:at
6-18-54

FOR RELEASE ON OR AFTER WEDNESDAY, JUNE 23, 1954

Cooperate With Your Dry Cleaner to Get Good Service

URBANA--Get better service from your dry cleaner by giving him information about the clothes to be dry cleaned.

Edna R. Gray, clothing specialist at the University of Illinois, says a good dry cleaner is anxious to give you the best possible service. He will appreciate it if you tell him what fibers the clothes are made of and what has caused any spots.

Also, tell him what spot remover you used if you tried to remove the spots yourself. Otherwise the chemicals you used, united with the dry cleaning fluid he uses, might cause the garment to discolor.

A well cleaned and pressed garment should be free from spots and odors. However, cleaners will remove spots only if they can do so without harming the fabric or color. Also, dry-cleaned clothes should be free from wrinkles and impressions made by seams, pleats or buttons. Pleats should be sharp, straight and evenly spaced. And no lint should be left in seams, pockets or cuffs.

If the dry cleaner removes shoulder pads, trimmings, buttons, belts or ornaments for cleaning, he can be expected to sew them back on.

Most good dry cleaners will give you special service, such as hand pressing or repairing, at an additional charge, if you ask for it.

-30-

AMS:mi
6/18/54

FOR RELEASE ON OR AFTER WEDNESDAY, JUNE 23, 1954

Laundering Care for Dark Cottons

URBANA--Wash your dark-colored cottons by themselves, and they won't be able to pick up lint from the light-colored clothes.

Fern Carl, University of Illinois clothing specialist, also says that, whether you're washing them by hand or in your machine, you can use soap if you wash and rinse them in soft water. But you should use a syndet (synthetic detergent) in hard water. This will keep soap scum from clinging to the material.

When you starch the garments, make sure that there are no lumps in the solution and that it is free of scum. If you have trouble with white starch spots on clothes, try putting some bluing in the hot water before you add it to the cold starch mixture.

Another method which you may prefer is to add plain gelatin to your rinse water. One tablespoon to each gallon of water will give a very light stiffening. If you prefer a heavier finish, you can use a stronger solution. After dipping your garment into the solution, roll it in a towel to absorb excess moisture. Press while slightly damp.

To keep dark garments from becoming shiny, always iron them on the wrong side. When you need to touch up a place on the right side, be sure to use a press cloth. If your ironing board cover is the least bit fuzzy, cover it with a smooth-surfaced fabric, such as glazed chintz, and you won't have a lot of lint on the garment when have finished ironing.

-30-

ZAB:at
6-18-54

FOR RELEASE ON OR AFTER WEDNESDAY, JUNE 23, 1954

Children Like Building Materials For Play

URBANA--If you have children between 4 and 9 years old, give them some large building materials out in the back yard this summer and you'll be surprised at what they can do with them.

"Parents will find that they have fewer interruptions at their work when the children are occupied in wholesome projects that interest them," says Dr. Nellie L. Perkins, director of the child development division of the University of Illinois home economics department.

For a good beginning, and an inexpensive one too, Dr. Perkins suggests that you provide your children with a variety of large packing boxes of assorted sizes, plus a dozen four-foot planks and about six small carpenter horses.

Put the equipment in the shade, where there is plenty of room for a group of playmates to move around. A grassy plot and a hard surface, such as sidewalks or driveways, are good for block building, but children can manage without them.

You'll find them doing things they see being done by you, or by workmen, such as carpenters, plumbers and engineers. You'll find, too, that they reproduce buildings, road projects, and activities that are carried on around them.

-30-

ZAB:at
6-18-54

FOR RELEASE ON OR AFTER WEDNESDAY, JUNE 23, 1954

Cold-Pack Green Beans For Canning

URBANA--Recent research shows that the cold or raw pack method of preparing green beans for canning in the pressure cooker may result in better flavor, texture and color in your final product.

Studies were conducted by the Human Nutrition Branch of the Agricultural Research Service to compare the effects of the cold and hot packs.

It was found that snap beans prepared by the raw pack method rated higher in color, flavor, texture and over-all palatability after processing and eight months of storage than did the beans that were hot-packed before processing.

Also, the over-all retention of ascorbic acid or vitamin C in the beans and liquid was higher in the raw or cold packs than in the hot packs, while the over-all retention of thiamine did not differ significantly with the method.

The results obtained by workers in the Agricultural Research Service were confirmed by others in Wyoming. The latter workers also carried on experiments to determine how different methods of cutting snap beans would affect the retention of vitamin C. The beans were cut crosswise into 1-inch or 1/4-inch pieces or lengthwise in strips. It was found that the canned beans which had been cut into 1-inch pieces had retained the most vitamin C, while those cut lengthwise or Frenched showed the greatest loss.

Dr. Frances O. Van Duyne, foods research specialist at the University of Illinois, says that since green beans are a low-acid

-more-

FOR RELEASE ON OR AFTER WEDNESDAY, JUNE 23, 1954

Cold-Pack Green Beans For Canning - 2

vegetable they must be canned in a pressure cooker. The following procedures are recommended: Select high-quality green beans for canning. Wash beans, trim ends and cut crosswise into 1-inch pieces. Pack raw beans tightly in glass jars to within 1/2 inch of top. Cover with boiling water, leaving a 1/2-inch space at top of jar. Add 1/2 teaspoon salt to pints and 1 teaspoon to quarts. Adjust jar lids. Process pint jars 20 minutes and quart jars 25 minutes in a pressure canner at 10 pounds' pressure (240° F.). As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

Processing times in the pressure cooker are the same for beans whether they are prepared for canning by the hot or cold pack method.

-30-

FOVD:bt
6-18-54

FOR RELEASE ON OR AFTER WEDNESDAY, JUNE 23, 1954

Rugs Need Regular Care

URBANA--Many questions have come to University of Illinois home furnishing specialists regarding cleaning of rugs. Some general rules for rug care have been outlined by the rug-cleaning industry and are offered by the National Institute of Rug Cleaning.

The Institute recommends a careful vacuuming (up to seven individual strokes) once a week, with quick "pickups" with a carpet sweeper on the other days. If you have no carpet sweeper, a light vacuuming (three passes over each area) is recommended as often as the traffic and soiling conditions require it.

You'll get the best results from your cleaner if it is properly adjusted to the density and length of pile in your rug. You can judge this by noticing whether there is unusual resistance as you push the cleaner over the rug. If there is unusual resistance, your cleaner should be adjusted to relieve the pressure.

The nozzle on upright cleaners should be set to as high a position as is possible for you to still do a good cleaning job. Most of the newer model tank and canister cleaners are equipped with a "suction regulator" that will reduce the pushing effort.

-30-

AJR:mi
6/18/54

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER WEDNESDAY, JUNE 30, 1954

Clean Refrigerator Mechanism for Summer Use

URBANA--Your vacuum cleaner can help your electric refrigerator do its job better--and easier--if you'll use it to clean off the refrigerator's condenser, says Miss Catherine M. Sullivan, University of Illinois home management specialist.

If the condenser is covered with dirt and lint, the refrigerator will have to run longer to keep the box cool. In extremely hot weather, it may run all the time and still not be able to do the job.

The condenser may be of the radiator type, located at the bottom of the box, or it may be a flat plate on the back of the refrigerator, according to Miss Sullivan.

-30-

GLM:sf
6/24/54

Replace the safety plugs if they blow out or melt down from xcessive pressure or dangerously high temperatures. That's what they re there for.

It's a good practice to have a dial gage checked for accuracy nce a year if it is removable. Your county home adviser or the home ervice agent of the electric or gas company may be able to check the quipment for you or tell you where the checking can be done locally.

-30-

MS:sf
/24/54

FOR RELEASE ON OR AFTER WEDNESDAY JUNE 30, 1954

Check Pressure Saucepan For Canning

URBANA--Your pressure saucepan may be all right for canning!

Geralding Acker, foods specialist at the University of Illinois says that if your pressure saucepan can be operated at 10 pounds' pressure you may use it instead of a pressure canner for processing food. Be sure, however, that it is deep enough to hold pint jars standing on a rack and still leave room for the lid to lock.

Since there are many different makes of pressure saucepans on the market, it's a good idea to read the instructions carefully. These handbooks also contain canning times developed specifically for pressure saucepans. Be sure to use them, because exact timing is the key to successful cannimg.

An average pressure saucepan may be expected to hold about 3 or 4 pint jars. It is therefore a handy piece of equipment to use for canning small amounts of fruit and vegetables as they ripen in your garden.

Make sure your pressure saucepan is in good condition before you use it for canning. For major repairs it may be necessary to send the equipment to the manufacturer, but there are many things you can do yourself.

Miss Acker reminds you to check the gasket and to replace it if needed. The gasket assures a tight seal and prevents steam leakage.

-more-

FOR RELEASE ON OR AFTER WEDNESDAY JUNE 30, 1954

Check Clothes Storage Before Vacation

URBANA--Before you pack up for vacation, take a last check to be sure all of your winter clothing is safely tucked away for the rest of the summer.

Make sure you haven't forgotten that wool sweater tucked way at the back of the dresser drawer, warns Edna R. Gray, University of Illinois clothing specialist.

If you've aired every piece of woolen clothing and stored it all in air-tight containers, with a moth-proofing substance added, you can be sure you won't find the garments moth-eaten when you take them out next fall. However, make sure you use plenty of moth-proofing material. A small amount will not last all summer.

It's a good idea to classify your clothes according to fabric when you store them so that you won't be wasting those moth balls or crystals on rayons and other fabrics which moths won't touch. Don't forget, though, that a garment which is only part wool needs just as much protection as one which is all wool.

If you can spare a closet for the summer, clean it thoroughly and put all your clean woolens in it. Make a cheesecloth hammock for the paradichlorobenzine and hang it high in the closet. Then seal the door shut.

Perhaps you can't do without one closet for the entire summer. In that case you can use garment bags and boxes. Containers need not be expensive, but they must be absolutely clean before you

-more-

put your clean woolens into them. You can air the containers out in the sun or spray them with a DDT solution.

Hang clothing like suits, dresses and coats in garment bags, but fold sweaters and other knitted garments and put them in boxes. Put the garments into their containers as soon as possible after washing or cleaning so that the moths won't have a chance to find them.

After adding paradichlorobenzine, make sure the moths will not be able to get into the containers. If there are any holes in the bags, put pieces of cellophane tape over them. Use the tape to seal the boxes shut, too.

-30-

ZAB:sf
6/24/54

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER MONDAY, JULY 5, 1954

Children Can Enjoy Water Safely

URBANA--Children and water make a good combination for keeping cool this summer. But without the addition of a large portion of caution, it can spell tragedy, too.

For example, three Illinois farm children drowned in May, according to Gordon McCleary, University of Illinois extension safety specialist. One, a 2 1/2-year-old LaSalle county boy, drowned in a stock watering tank. Two Fulton county boys, ages 6 and 10, were thrown into deep water when the pony they were riding slipped from the edge of a farm pond.

Keeping children away from open stock tanks or other water-filled containers can help to prevent many drownings, McCleary says. Remember, it takes only a few inches of water to drown an infant. For reasons of safety as well as sanitation, make sure cistern and well covers are strong and tight.

And, if you have a farm pond, make it a rule that your children stay away from the edge. Enforcing this rule may save a life.

-30-

GLM:sf
6/30/54

FOR RELEASE ON OR AFTER MONDAY, JULY 5, 1954

Use Elbow Grease on Pressure Canners

URBANA--Keep your home pressure canner absolutely clean if you expect it to operate efficiently and economically.

If food, dirt and hard-water scale collect on the edges of the kettle or on the cover, it can cause steam leaks and loss of efficiency. Foods specialist Geraldine Acker of the University of Illinois cites the following techniques for good pressure canner care.

Scrub the edges of both the kettle and the cover with suds made with a mild soap. Strong soaps are not recommended for aluminum. If scouring is needed, use whiting and water, but never a heavy-duty scouring powder. Another point to remember is never to immerse the lid of a pressure canner in water to wash it.

Remove the petcock and valve occasionally and soak them in vinegar for a short time. If the safety valve is the ball-and-socket type, clean it after each use. The ball and the socket into which it fits should be cleaned with silver polish occasionally.

Make sure to keep the openings to the petcock, safety valve and pressure gauge or weight control clean. If openings are clogged during canning, the air may not all be driven out in the time allowed for venting, or the safety valve may fail to work when the pressure becomes too high. You can clean the openings by drawing a string, a narrow piece of cloth or a pipe cleaner through them.

Keep the rubber gaskets clean and free from grease. If the rubber in a removable gasket shrinks, stretch it carefully between the fingers until it fits the rim. If the gasket won't make a perfect seal, get a new one.

-30-

AJR:sf
5/30/54

FOR RELEASE ON OR AFTER MONDAY, JULY 5, 1954

Keep Cool With Cool Drinks

URBANA--Help your family keep cool during these hot summer days! Serve them cool, refreshing beverages.

For drinks that are nourishing as well as refreshing, Geraldine Acker, foods specialist at the University of Illinois, suggests using milk as a base and adding ice cream, eggs or even both.

Then if your youngsters won't eat right because it's so hot, you won't have to worry too much. As long as they get their share of these nourishing, frosty coolers, they will be pretty well fed. For variety in flavor and color, add different fruits, fruit juices or other flavors, such as chocolate, vanilla or mint.

You will need to add only a small amount of a carbonated beverage to get the "bubbles" that children like so well. For example, milk mixed with ginger ale and cracked ice makes a refreshing drink. Top it off with a colorful straw to give it that professional touch.

Even if you are watching your calories closely, there are many drinks you can enjoy without having a guilty feeling. How rich they are will be up to you. Cool juices mixed with sherbet and carbonated water offer many possibilities. Or try diluting one can (46 oz.) of apricot nectar or 1 1/2 cups of orange juice with one quart of ginger ale and pouring over one pint of orange sherbet. Or mix the juice of one lemon with 1/2 cup of cooked sieved prunes, 1/2 cup of pineapple juice and 1 1/2 cups of water.

-more-

FOR RELEASE ON OR AFTER MONDAY, JULY 5, 1954

Keep Cool With Cool Drinks - 2

Blended vegetable juices can add an entirely different flavor to cool beverages. Grate 1/2 cup of cucumber and mix it with 2 1/2 cups of tomato juice, 1 tablespoon of lemon juice, 1/4 teaspoon of Worcestershire sauce, 1/2 teaspoon of onion juice and 1 teaspoon of salt. Strain and serve ice cold.

If you want a drink that is a little more nourishing, how about a "Grape Nog"? Beat an egg until it is as thick as cream. Stir in 1/3 teaspoon of cinnamon, 1 teaspoon of lemon juice and two cups of chilled grape juice. Serve very cold. Or, if you prefer a "Grape Float," pour chilled grape juice over a scoop of ice cream.

If you haven't tried making drinks like these, why don't you? There are many more combinations and possibilities. These are just a few suggestions. You can probably think of other combinations that will be just as good, if not better. Try them and keep your family cool on hot summer days.

-30-

AMS:sf
6/30/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER MONDAY, JULY 12, 1954

Let Your Drier Help You Iron

Once in a while, homemakers will tell a University of Illinois home management specialist that they no longer use their clothes dryer for drying sheets. They say so many wrinkles are pressed into the sheets that they don't look well enough to use without being ironed, and it is a hard job to smooth them with the usual hand iron.

Miss Catherine Sullivan's advice to these homemakers is to remove the sheets from the dryer before the wrinkles are "dried in." Fold the sheets and lay them across the top of the dryer where they will finish drying from the heat within the appliance.

Other suggestions to help you get the most satisfaction from your home dryer are given by Miss Sullivan.

Garments made of acetate, such as slips, are easy to iron if you take them from the dryer and press them before they are bone dry. If you are not too fussy, you can wear the slips without ironing them.

If the men in your family wear cotton seersucker shirts, take the shirts from the dryer, give them a shake and put them on a hanger. You may find no more than the collar will need pressing.

If your little girl's cotton dresses have wrinkle resistant finishes, load the drier lightly with only a couple of the dresses. Take them out before they are completely dried and put them on hangers. They may need no ironing at all, or at most a slight "touching up".

-30-

AJR:sf
7/7/54

FOR RELEASE ON OR AFTER MONDAY JULY, 12, 1954

Home Laundry of Tufted Rugs

URBANA--If you would like to wash small cotton rugs in your washing machine, make sure the rugs are not too large for the washer. Check the instruction book that comes with your washer to determine the correct load. Certainly, if a rug is larger than four by six feet, you'll be happier if you let a professional rug cleaning plant launder it.

If the rug manufacturer has included laundering directions with your rug, they should be followed to the letter. But if you have no directions, the following tips are aimed at helping you do a successful home-size job. They come from home management specialist Catherine Sullivan of the University of Illinois.

Shake or vacuum the rug thoroughly to remove loose surface dirt before you wash it. Wash rugs by themselves if they are dark colored ones, since rug dyes have a strong tendency to bleed. Very light colors are often fadeproof, however, and can be safely washed with white rugs. Use a neutral soap or syndet(synthetic detergent). Don't put your rugs through a wringer; press out the excess water with your hands.

The temperature of the water should be no greater than 90 degrees for the dark colors and not greater than 105 degrees for the whites and pastel colors. If the rugs have a rubber backing, don't dry them in a dryer. If they have no rubber backing and you can use a dryer, you'll be pleased with the fluffy appearance of the tufts and pile.

If no dryer is available, or if the rugs have rubber backs, hang or spread the rugs in the shade until they are dry, then brush lightly with a stiff brush. A flow of air from a fan will help to fluff the pile too.

-30-

AJR:sf
7/7/54

FOR RELEASE ON OR AFTER MONDAY, JULY 12, 1954

lake Your Own Salad Dressing The Quick Way

URBANA--In a salad, the final touch and --- as most gourmets ay --- the most important one, is the dressing.

If you want to give the salad that special touch and still se a basic dressing, Miss Geraldine Acker, foods specialist, Univerity of Illinois, says, there are many ways to turn the trick.

You have probably tried many variations in flavor that you an get just by adding different herbs, finely chopped, to either mayonnaise or French dressing. But have you ever tried combining these wo basic salad dressings - French dressing and mayonnaise - half and alf? The tartness of French dressing blends well with the smooth reaminess of mayonnaise and makes a tasty dressing that is just right or any number of salads.

Miss Acker says you can get almost unlimited results by simly adding other flavors to French dressing. Try mixing Roquefort heese or plenty of prepared mustard with it. Or use other flavors you ave in your pantry.

If you make your own French dressing you may want to substiute suitable fruit juice for vinegar to make a dressing that is esecially tasty for fruit salads. Lemon or lime juice or a combination f the two is a fine choice. You might also use the liquid from Marachino cherries mixed with a small portion of lemon juice.

Grated horseradish added to French dressing will give it that pecial flavor that is so well liked with shrimp.

-more-

FOR RELEASE ON OR AFTER MONDAY, JULY 12, 1954

Make Your Own Salad Dressing The Quick Way - 2

There is an open field for your imagination in varying the flavor of mayonnaise. For vegetable salads, minced and fried bacon, minced capers, olives, green peppers or tomato catsup, chili sauce or Worcestersauce or a combination of several of these ingredients stirred into your mayonnaise will make a delightful dressing.

Try anchovy paste, anchovy fillets mashed with hard cooked egg yolk and whipped cream, red or black caviar, cooked fish roe, sardines or tomato paste and lemon juice. These ingredients will turn your mayonnaise into a highly flavored dressing for fish salad. Minced capers, anchovy, olives, celery, chives, spring onions or some of your spicy sauces will add just the right flavor for meat salads.

Check your pantry, use your imagination and your taste, and win a hostess' fame with your salad dressings.

-30-

MS:sf
7/7/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER MONDAY, JULY 19, 1954

Make Use of Electric Range Outlet

URBANA -- If you've wondered how you can use your sandwich grill and electric coffee maker in the kitchen at the same time without blowing a fuse, try plugging one appliance into the outlet on your electric range.

The range outlet is separate from the other kitchen outlets says Miss Catherine M. Sullivan, University of Illinois home management specialist. Putting part of the load on each circuit makes the appliances work better and also keeps you from blowing a fuse.

If your range outlet doesn't work, Miss Sullivan says, it probably needs a new fuse. This fuse is usually found near one of the upper corners of the oven opening and can be seen when the door is open.

-30-

GLM:sf
7/14/54

FOR RELEASE ON OR AFTER MONDAY, JULY 19, 1954

Plan a Family Vacation

URBANA-- Vacation doesn't have to mean traveling--you and your family may enjoy yourselves just as much at home.

J. Charles Jones, family relations specialist at the University of Illinois, says much of the recreational value of vacations for a family lies in getting away from the daily routine and sharing new experiences together.

Children don't see their parents relaxed and at play very often. Thus they often think that grown-ups fun is entirely different from theirs. Or, even worse, they think grown-ups do not believe in fun. Vacations are a time to have fun together.

The success of a vacation isn't measured in the amount of money you spend, but rather in the amount of fun, relaxation and companionship you get from it and the refreshed outlook on life it leaves with you.

A day that starts off at home with a bird hike through a local park in the morning, followed by an afternoon swim or a visit to a local newspaper to watch the press run and that ends with a picnic meal and stories or games in your back yard can be a very big day for you and your children.

Good vacations don't just happen. They have to be planned. In making your plans, keep your children in mind--it's their vacation too.

If you travel, don't try to do too much when you have children along. Sitting still for a long time can be physically painful to children. Give them a chance to get out of the car and move

-more-

around. Take toys for them to play with so that they can work off some of the extra energy while out of the car.

If you take your children on a trip, Jones says not to worry if they sit with their noses buried in comic books instead of exclaiming over the scenery. The main thing is that they are happy and have a good time. The interests of children are often not the same as those of adults. But the chances are that they are absorbing more of the things that interest them than we realize.

Make your vacation a real vacation for all the members of your family. And be sure to allow yourself enough time to get re-oriented after your return before plunging back into your daily routine.

-30-

AMS:sf
7/14/54

FOR RELEASE ON OR AFTER MONDAY, JULY 19, 1954

Sew Zippers By Hand Or Machine

URBANA--When you're making a garment of extremely lightweight material, you may want to sew the zipper by hand so that it will be as inconspicuous as you can get it.

Custom dressmakers have been sewing zippers by hand for years. But home sewers don't use the method very much, according to Helen Zwolanek, University of Illinois clothing specialist, because the zipper doesn't hold so well as when it is stitched by machine.

If you sewed the zippers in play clothes by hand, they would probably pull out while you were wearing them; if not, they surely would when you washed them. But on a garment that is made of very delicate fabric, used for dressy occasions and washed with exceptionally gentle care, you probably wouldn't have this trouble.

Miss Zwolanek says it isn't hard to put the zipper in a garment by hand. For example, you can put one in a skirt placket in just three easy steps: First, get the opening ready for the zipper; next, attach the zipper to the back edge; and, last, attach it to the front edge.

To prepare the seam edges for the zipper, baste the opening together along the seam line, and then press the seam open. Press a second fold on the back seam allowance, 1/8 of an inch beyond the basted seam line. Then remove the bastings.

With the garment still turned to the wrong side, attach the zipper to the back seam allowance. Ease and pin the fabric to

-more-

the closed zipper, keeping the second fold about 1/16 of an inch from the zipper teeth. Work the fabric over your hand, using the half backstitch to sew the zipper to the fabric. Remove the pins as you sew. Clip the back seam allowance at the bottom of the zipper almost to the seam.

Turn the garment to the outside to attach the zipper to the front edge. Pin the opening closed, making sure the front edge meets the back seam line. Then sew close to the zipper teeth, as you did on the back edge, using the half backstitch.

-30-

ZAB:sf
7/14/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER MONDAY, JULY 26, 1954

Food Spoilage - A Summer Food Problem

URBANA--One of summer's food problems is preventing food poisoning. Enough toxins to cause food poisoning may develop at a temperature of 100° F. in four to five hours, warns a specialist in the Department of Food Technology, University of Illinois.

Oliver W. Kaufmann points out that one bacterium kept at body temperature (98° F.) for 24 hours can multiply 5 billion times. By contrast, a bacterium kept at refrigerator temperature (50° F.) multiplies only 500 times. And once bacteria start to multiply, even low temperatures won't stop them. Hot weather increases bacterial growth and makes proper refrigeration of food doubly important.

Off-flavors in food develop when the bacterial count is over 10 million. The food might even be poisonous at this count. Milk, for instance, will become stringy and develop a sour flavor, and other food products may become slimy and develop a bad odor.

Special care should be taken with homemade spreads, especially those containing chopped meats, because excess handling exposes food to more bacteria. Also, ingredients may get warm during preparation.

So, if you make your own sandwich spreads during these hot summer days, refrigerate the ingredients first. Mix them quickly, and cool them in the refrigerator again before you spread them.

-30-

AMS:sf
7/21/54

FOR RELEASE ON OR AFTER MONDAY, JULY 26, 1954

Pointers For Spot Removal

URBANA--Summertime is spot time, when we're apt to have anything from ice cream to iced tea spilled on us.

Any spots or stains should be removed from fabrics as soon as possible, according to Edna R. Gray, University of Illinois clothing specialist.

Fortunately, the synthetic fabrics stain less readily than cotton and since the spots are on the surface of the cloth, they are more easily removed.

Most synthetics are not affected by household chemicals but their color may be, so test an inconspicuous place first. You can use a piece of material from the belt, a wide seam, or the hem.

Suit the remover and the method of use to the cloth, and suit the remover to the type of stain. Remember that soap and water are not always effective, and chlorine bleaches are not always advisable. In fact, some of the finishes on today's fabrics are chlorine retaining and may turn yellow after a number of washings with a chlorine bleach.

It is wise to read the garment or fabric label carefully. Do not use a chlorine bleach unless the label says it is safe for the fabric. Read the label on the bleach container also.

If you cannot use a chlorine bleach on the fabric, use a perborate bleach. This is quite mild--usually even safe for colors--and it is frequently used for spot removal. Both chlorine and perborate bleaches are now available in dry form, so read the label carefully.

ZAB:sf
7/21/54

FOR RELEASE ON OR AFTER MONDAY, JULY 26, 1954

What's in a Pan?

URBANA--Cost and suitability are the two main points most homemakers consider when they buy kitchen utensils.

The cost depends upon your budget, but it's a good idea to buy the best quality you can afford. The suitability depends entirely upon the use you plan to make of the utensils. Every type of material used in making pots and pans has its advantages and disadvantages.

Here's a quick review of the characteristics of these materials. The information comes from Virginia Guthrie of the University of Illinois home management staff.

There are two types of aluminum utensils--cast and stamped. Cast aluminum is sturdy and will last a lifetime with proper care. It is more porous than stamped aluminum and is therefore harder to keep clean. Stamped aluminum is usually quite thin, dents easily and is therefore less durable. Alkalies will discolor aluminum, but it may be cleaned with steel wool or a mild acid solution, such as vinegar and water. Aluminum is a good conductor and holds heat well if of a good weight.

Enamelware absorbs heat readily and holds it, but it is a poor conductor and may develop hot spots. It marks from stirring with a metal spoon and will crack or chip if carelessly handled. Once chipped, it should not be used. Covers on these utensils seldom fit absolutely tight and thus allow heat, flavor and vitamins to escape.

-more-

FOR RELEASE ON OR AFTER MONDAY, JULY 26, 1954

What's in a Pan - 2

Glassware for top-of-stove cooking or for oven cooking conducts heat slowly and evenly and holds it well. However, sudden changes in temperature will cause cracking or breaking. Glass utensils are not affected by acid or alkaline foods and are easily cleaned. Another advantage is that you can watch the food cook without removing the lid.

Although tin is an expensive metal, a tin pan costs very little because it is made of a steel or iron base with only a thin covering of tin. Tin utensils conduct heat rapidly but do not hold it well. They tarnish and cannot be scoured. If they are lightweight, they will buckle and dent easily.

Stainless steel absorbs heat slowly and conducts it unevenly, causing hot spots and warping. Brownish spots sometimes appear as the result of excessive heat, and they are not removable.

Copper is expensive and difficult to keep bright and clean. Very few utensils are made entirely of it, but copper-clad utensils are very popular. Because copper is an excellent conductor of heat, it helps to eliminate hot spots in pans of other materials that do not conduct heat so readily and evenly.

Iron is also a good conductor of heat, but it rusts easily and so must be kept "seasoned," or oiled. It may be cast or molded, the latter type being quite thin. Cast-iron utensils are hard, thick and heavy and improve with use.

-30-

ZAB:sf
7/21/54

Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER MONDAY, AUGUST 2, 1954

Chairmen Named for Illinois Nutrition Week

URBANA--Fourteen Illinois counties have named their chairmen for state-wide Nutrition Week, November 7-13, 1954. All other counties are urged to make appointments promptly in order that chairmen may receive promotion kits which are to be mailed by September 1.

Again this year Nutrition Week activities are to be concentrated in the communities, and both county and local committees should be organized and have plans outlined ahead of the Fall Nutrition Conference, which is to be held at Charleston, Illinois, Saturday September 25. One session of the conference will be devoted to final organization of program and promotion plans for Nutrition Week.

Names of county chairmen should be sent to Gertrude Kaiser, assistant state leader, 206 Bevier Hall, University of Illinois. Urbana, Illinois. Miss Kaiser is co-chairmen for Nutrition Week.

Counties that have named chairmen to date are Coles, Douglas, Fayette, Kendall, Lawrence, Mason, McDonough, McHenry, Menard, Montgomery, Piatt, Pike, Stark, St. Clair and Tazewell.

-30-

JEH:sf
7/28/54

FOR RELEASE ON OR AFTER MONDAY, AUGUST 2, 1954

Make Yourself a Sewing Center

URBANA--If you have to run to every room in the house gathering up tools and necessary equipment for sewing and you hardly get started before it's time to clear everything away again, then you need a sewing center or special place to sew.

This advice comes from clothing specialist Ritta Whitesel, University of Illinois, who says you don't need a separate room for sewing. Any room with a few extra feet of floor space will qualify.

First ask yourself these questions: Is the lighting--both natural and artificial--good? Will I be able to work here and not interfere with other family activities? How much time and money will it take to set up the center here?

Your plan for a sewing center will depend upon your needs, budget and available space, but use your imagination and be patient. If Dad or Brother has a shop and likes to carpenter, he can help you quite a bit. You might even work out a design for a complete sewing cabinet which he can build for you. Or he may help you remodel an old piece of furniture, such as a typewriter desk, a wash stand or a wardrobe. Modern folding doors can make an alcove into an excellent sewing center.

The important thing is to have all the things you need for sewing stored in one place. You'll need a closet-type storage space for larger pieces of equipment, such as the dress form and ironing

-more-

board. Drawers, shelves and cubby holes will hold smaller articles. Transparent plastic boxes are extremely handy for storing thread and other small items.

If you have a cabinet or wardrobe you can put hooks on the inside of the door to hang scissors and other small equipment. It's a good idea to have separate drawers for such things as patterns, fabrics, mending, embroidery, books and pamphlets and the like. You can put press mitts, tailor's ham and similar items on shelves.

For a cutting surface, you might use a drop-down door to the storage area or a drop leaf on your cabinet or desk. Or the top of a cabinet may open out, with a leg that drops down to support it. Of course, the top of your desk or table may be large enough to use. And you may want to have a trough at the end of your table so that your fabric will not drag on the floor.

It's a good idea to have a full-length mirror near by, or you may want a three-way mirror if you have room for it. Make one yourself by hanging long narrow mirrors on a three-way screen that can also serve to screen off the sewing center from the other part of the room.

Remember that what you have in your sewing center is up to you, but your expenditure of time and money for such a place will be repaid over and over again in increased sewing efficiency, relaxed nerves and more professional products.

-30-

ZAB:sf
7/27/54

FOR RELEASE ON OR AFTER MONDAY, AUGUST 2, 1954

Wear Cotton Plisse Slips Year Round

URBANA--If you have found cotton plisse slips particularly comfortable in hot weather, then you have also found how little care they need.

You may even be planning to continue wearing them throughout the year or to buy them for your daughter's back-to-school wardrobe. If so, you'll probably be interested in these tips from Fern Carl, clothing specialist at the University of Illinois.

Cotton plisse slips are now available in various colors, but if you prefer you can dye your white slips the color you want.

When you buy, read the labels carefully. The less expensive slips sometimes shrink, so you may need to get a larger size. The label should tell the amount of shrinkage you can expect.

Labels will sometimes also tell whether or not the slip is the non-cling type. This is important because some cotton slips have a tendency to bunch up in front.

Be sure the slip has a shadow panel so that it will do the job a slip should do. For very sheer dresses one panel will not be enough, but you can add another very easily. Just use a piece of an old slip or buy some plisse by the yard.

-30-

ZAB:sf
7/28/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER MONDAY, AUGUST 9, 1954

Help the Lost Get Found...

URBANA--By the time your child is ready to go to school, he should know his own name, address, telephone number and the name of his parents, says a child development specialist at the University of Illinois.

Miss Margueritte Briggs says your child should not only know this information, but be willing to give it when asked. However, in the excitement of getting lost, he might forget, even though he seems to know it well.

Identification tags with name, address and telephone number sewn into children's clothing are reassuring for both children and parents. You can buy such tags printed to order, or you can make them yourself by writing the needed information on the tag with indelible ink. Then sew or press the tags into the clothing.

Such tags will also help to return your child's lost coat, cap or rubbers.

-30-

MS:mi
3/3/54

FOR RELEASE ON OR AFTER MONDAY, AUGUST 9, 1954

Buy Your Child Shoes That Fit

URBANA--When you select back-to-school shoes for your child, help him to avoid having weak and painful feet, advises Pauline Brimhall, University of Illinois health specialist.

Buy the shoes at a reliable store where a salesman can give as much time as may be necessary to do a good job of fitting. Checking the fit of shoes is simple, and no special instruments are necessary.

First, put both shoes on the child, lace them firmly and have him stand with his full weight borne equally on both feet. Then make sure the eyelets are parallel.

Second, measure the distance between the toes and the tip of the shoe. It should be 1/2 to 3/4 of an inch, or about the width of an adult's thumb.

Then make sure the widest part of the child's foot is at the widest part of the shoe. The ball of the foot and the ball of the shoe should be at the same place so that foot and shoe will bend together.

Have the child raise his heel and bend forward so that the weight of his body will be on his toes. Make sure the shoe does not gape at the sides or the back. Then have him walk around for several minutes. The shoes should fit snugly at the heel and over the instep and allow ample room for the toes.

-30-

ZAB:mi
8/3/54

FOR RELEASE ON OR AFTER MONDAY, AUGUST 9, 1954

Prepare Your Child for School

URBANA--Your child will do best in school when he is physically and emotionally ready for it. Getting him ready means preparing him for his first break from home, says Miss Margueritte Briggs, child development specialist at the University of Illinois.

Prepare him for this new experience by telling him what to expect from school. If you have a chance, take him to the playground. Opportunities to play with other children will help him in the give-and-take of school life.

As opening day nears, walk to school with him several times so that he will learn the route.

Help your child to face his school experiences confidently. Trust in the teacher is a step to success. A child that is free from fears can concentrate better and will not be afraid to ask the teacher for help.

Get your child accustomed to going some places alone before he goes to school, such as to a friend's house or a park. It will help him learn to be on his own. And show by your words and attitudes your confident belief that school is not only a happy but an important place of new and wonderful experiences.

Miss Briggs adds that preparing your child for school does not mean teaching him to read or write, but teaching him to help himself.

-30-

AMS:mi
8/3/54

FOR RELEASE ON OR AFTER MONDAY, AUGUST 9, 1954

Re-establish School Time Routines Now

URBANA--Get your children started now on their regular school-time routine, and they'll go back to school feeling rested and refreshed.

This advice comes from Pauline Brimhall, University of Illinois health specialist, who says it is important that children re-establish their regular habits when school time rolls around.

During the summer, regular eating and sleeping habits sometimes suffer because the whole family is on an easy-going schedule. However, during the school year, children need adequate rest to help them stay mentally alert and in good physical condition to resist disease. Rested children are happier and more amenable, too, than children who are allowed to become overtired.

ZAB:mi -30-

Something Hot and Something Cold

URBANA--Add contrast to your cold summer meals by serving something hot along with them, suggests Mrs. Pearl Z. Janssen, University of Illinois foods specialist.

You can easily get the desired contrast by pouring hot melted cheese over a ham or an egg sandwich or over some vegetables.

Hot potato chips are another tasty accompaniment with cold cuts and a tossed salad.

-30-

AMS:mi
8/3/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER MONDAY, AUGUST 16, 1954

Clothes for College Classes

URBANA--If you're planning to enter college this fall, you have probably discovered that clothes for high school and college are basically the same.

The amount of clothing you have will depend a lot on your budget, but you may not be sure just how many clothes you'll need. Jane Werden, clothing specialist at the University of Illinois, asked students in her classes to give their opinions on how many clothes a college girl needs for school wear.

The girls reported that four skirts is the minimum, with only one of those a plaid or striped, and that, although sweaters are more popular, it is desirable to have several blouses.

The number of sweaters recommended by the students ranged from 4 to 12, with at least one of these a cardigan and one a long-sleeved pull-over. They felt that the cashmere sweaters were lovely to have but that you don't have to have them.

The important point seemed not to be how many skirts, blouses and sweaters you have, but how well you can mix and match them. This is easy when your wardrobe is planned around a basic color.

-more-

For instance, take four of your sweaters, four of your blouses, and four of your skirts. See how you can interchange them, and count the number of combinations you can make. That's what gives the impression of quantity and being well-dressed.

The girls felt that they needed two pair of shoes for classes, White buck and saddle oxfords seemed to be every bit as popular as loafers. However, Miss Werden reminds you that it's a good idea to have at least one pair of shoes broken in before you arrive on the campus.

White bobby sox are, of course, the sign of a coed on any campus and the number of pairs you have will depend on whether you do your own laundry or send it home. This goes for your lingerie, too.

The girls said a raincoat was a must, whether it be a red or yellow slicker, a corduroy zip-in or a plastic one.

ZAB -30-

Check Sewing Machine Regularly

URBANA--Your sewing machine needs regular attention just like all your other equipment, says University of Illinois clothing specialist, Fern Carl.

How often you should clean and oil your machine depends upon how often you use it, but now would be a good time to check it--before you begin all your fall sewing. Follow the manufacturer's directions in your instruction book for proper methods of care.

-30-

ZAB:sf
8/10/54

Dressy Clothes Needed for College

URBANA--College coeds seem to agree that at least one good suit is a "must" for every college girl.

Jane Werden, clothing specialist at the University of Illinois, asked girls in her classes to list the clothes which they felt were necessary for college girls. They listed the suit, which can be dressed up or down, as an important part of every girl's wardrobe. Miss Werden adds that if you have only one suit, it had better be a basic color.

The students also felt that one wool or jersey casual-type dress, and one velvet or taffeta dressy dress were needed. Separates, such as velveteen or taffeta skirts and dressy blouses, could also be considered here.

Knitted suits were recommended highly because they need so little care and are so practical for traveling.

The girls felt that one formal, with accessories that could be varied, would be adequate, or long skirts with dressy blouses could be worn to change off.

An evening wrap was considered nice if you could afford it, but a spring shortie or a reversible coat that has one side of velvet would do just as well.

The girls felt that every coed needed at least one hat, one pair of high-heeled shoes and one pair of dressy flats.

-30-

ZAB:sf
8/10/54

FOR RELEASE ON OR AFTER MONDAY, AUGUST 16, 1954

Use Care in Selecting College Wardrobe

URBANA--Buying daughter's clothes for college should be a cooperative affair, but not just between mother and daughter. Father should be included too, because he's the one who'll be paying the bills.

This advice comes from Jane Werden, clothing specialist at the University of Illinois. She suggests that, before buying any new clothes, you check the ones you already have. Remember, they'll be new to everyone at college even though they may be old to you.

After looking over your present wardrobe, plan where you'll need to fill in with new clothes. However, don't make the mistake of spending all your money before you reach the campus.

You'll find that, after you get there, you'll want to buy some things you hadn't counted on, such as scarves, belts, and other accessories that are fads of the season. And by Thanksgiving or Christmas you'll probably be wanting some new things.

Then, too, don't make the mistake of buying too many clothes. It's not only hard on the budget, but closet space is usually quite limited in college dormitories and sorority houses. Also, your clothes may be out of style before you have a chance to wear them out.

Another thing to decide before you buy clothing is whether you're going to send your laundry home or care for it yourself. If you send it home, you'll need a few more clothes than if you do it yourself. And don't forget to consider that the cost of postage will add up in a hurry.

-30-

ZAB:sf
8/10/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER MONDAY, AUGUST 23, 1954

Picked Tomatoes Ripen Without Sunlight

URBANA--Excessive sunlight and high temperatures reduce the quality of tomatoes once they've been harvested, says a vegetable specialist at the University of Illinois.

For best flavor and quality Norman F. Oebker says to keep tomatoes stored at a temperature between 60° F. and 75° F. Don't try to ripen green or pink tomatoes on the window sill. If exposed to direct sunlight, they might get splotchy in color. Temperatures as high as 80° F. or above are not favorable to normal ripening, and neither are low temperatures.

By placing underripe tomatoes in the refrigerator, you stop the ripening process. They become watery and have a flat taste. But after they are ripe, they may be safely held at refrigerator temperatures for a week or more.

If you have a basement or some other cool room, right there might be the place to ripen your tomatoes or store them.

-30-

AMS:sf
8/19/54

FOR RELEASE ON OR AFTER MONDAY, AUGUST 23, 1954

Teeth Need Regular Check-Up

URBANA--Don't let your child be among those persons who are expected to lose half of their teeth before the age of 40. Take him to the dentist for regular dental check-ups while he is young.

According to Miss Pauline Brimhall, health specialist at the University of Illinois, surveys show that more than 90 percent of all school children have some tooth decay. The same studies show that about two-thirds of these dental cavities are neglected.

Everyone needs sound teeth for proper chewing, which is an aid to digestion, to good nutrition and therefore to general good health.

If your child gets a bi-annual dental check-up from the time he is three years old he won't have much trouble as he grows older. It is much better to have the dentist take care of slight cavities right away than to wait until they grow larger.

Summer is an especially good time to see the dentist. Many dentists devote part of their time to children during the summer months when they are not too busy and can give more time to the youngsters.

If your child has not had a dental check-up for some time, don't forget it now in getting him ready for school. Your child's dental health affects his general health and his success in school.

-30-

AMS:sf
8/19/54

FOR RELEASE ON OR AFTER MONDAY, AUGUST 23, 1954

Use Step Ladder for Safer Cleaning

URBANA--The right step ladder can make your fall housecleaning chores a lot easier, quicker--and safer, says a University of Illinois safety specialist.

If you don't have a good step ladder, get one, says Gordon McCleary. Then use a few simple rules and common sense to get the most from it.

First, don't stand on the top step of the ladder, even if there's something you can hold onto. Putting your weight at the top of the ladder makes it extremely tippy.

When using a step ladder outdoors to remove screens and install storm windows, make sure the ladder's feet are on solid footing. A small piece of wood will help you level the feet and make the ladder steady.

Don't climb on a step ladder that's leaning against a wall, unless the feet are securely blocked so that they won't slip, McCleary says.

If the steps on your ladder are worn smooth or slippery, try gluing or tacking some rubber stair tread material to them.

-30-

GLM:sf
8/19/54

FOR RELEASE ON OR AFTER MONDAY, AUGUST 23, 1954

Freeze Peaches for Winter Delight

URBANA--Peaches frozen now will be family favorites this winter for desserts or salads. And there are plenty of Illinois peaches on the market now at reasonable prices.

Speed is important when you prepare peaches for freezing, says Miss Geraldine Acker, food specialist at the University of Illinois College of Agriculture. Half a bushel of fresh peaches (24 lb.) will yield about 10 quarts of frozen fruit. Don't try to prepare more than that at one time.

For best results, freeze peaches with a 50 or 60 percent sugar sirup, because the fruit has little natural juice. Prepare the sirup first. Use one cup of sugar to four-fifths cup of water for a 50 percent sirup. Use the same amount of sugar with one half cup of water for a 60 percent sirup.

Peaches will brown less readily if you add vitamin C (ascorbic acid) to the sirup. You can use one of the commercial preparations containing vitamin C that are sold in some grocery stores under different trade names. If you do, follow the directions of the manufacturer.

If you use tablets or crystals of ascorbic acid, usually bought in a drugstore, dissolve three 50-milligram tablets to every cup of sugar sirup, or add 1/4 teaspoon of crystals to 4 cups of sugar sirup.

-more-

FOR RELEASE ON OR AFTER MONDAY, AUGUST 23, 1954

Freeze Peaches for Winter Delight - 2

Heat the sirup enough to dissolve the sugar, but be sure the mixture is cold before adding the peaches. It takes about two cups of sirup for each quart of peaches.

Peel the peaches and halve or slice them directly into a carton containing the sirup. Do not dip them in boiling water. Press the fruit down gently, and cover completely with sirup. Leave one-half inch of space in pint cartons and one inch in quarts for expansion during freezing. Seal at once and freeze.

-30-

AMS:sf
8/19/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER MONDAY, AUGUST 30, 1954

Save Your Car with Baking Soda

URBANA--If you don't have a fire extinguisher in your automobile, carry a package of baking soda. It can help you prevent serious fire damage to your car.

Baking soda, says Gordon McCleary, University of Illinois safety specialist, is the main ingredient in many chemical fire extinguishers. In the presence of heat, baking soda creates carbon dioxide that settles around the blaze and smothers it.

If you car engine catches on fire, throw on handfuls of baking soda. It's more effective than sand, salt or dirt. And it won't damage the engine.

Another place to use baking soda, according to McCleary, is in the ash trays in your car. A little soda sprinkled in the trays will both help to prevent fires and kill stale cigarette odors.

- 30-

HLM:sf
8/25/54

FOR RELEASE ON OR AFTER MONDAY, AUGUST 30, 1954

Furnishings For Your Child's Room

URBANA--When you buy children's furniture, try to select pieces that will give your child room to grow and be comfortable.

This advice comes from Miss Dorothy Iwig, University of Illinois home furnishings specialist, who says you'll be wise to choose furniture that is easy to clean and maintain and that can be used for a long time.

For instance, buy a full-length bed that's not too narrow. And get good springs and mattress so that your child will sleep comfortably.

If your money is limited, make sure the furniture has a finish you will not tire of. Remember that you can get color in the room by using pillows, pictures, etc.

Floor coverings should be easy to clean and warm enough for the child to sit on. The ideal thing is to have a hard-surfaced material, such as vinyl, rubber, cork or asphalt tile or linoleum, from wall to wall, and then some large throw rugs that are well anchored.

Miss Iwig reminds you that storage space is necessary in teaching your child to pick up after himself and take care of his own belongings. But make sure that space is the right height for him. Adjustable shelves are practical for this purpose because they'll grow with your child.

-30-

CAB:sf
8/25/54

FOR RELEASE ON OR AFTER MONDAY, AUGUST 30, 1954

Sandwiches Offer Unlimited Variety

URBANA--Nearly 200 years ago the Earl of Sandwich, who did not want to leave the gaming table to eat, called for a piece of meat between two slices of bread. Pleased with his invention, he called it a "sandwich."

Today sandwiches have become more than a piece of meat between two slices of bread. Some sandwiches can even be as nourishing as a whole meal, says Miss Geraldine Acker, food specialist at the University of Illinois.

If you want sandwiches to be the principal part of the meal, make sure the filling contains a generous amount of substantial protein food such as meat, fish, eggs, cheese, baked beans or peanut butter. You can then add sliced tomatoes, chopped pickles or vegetables of various kinds to make an attractive well-balanced meal.

You may want to chop or grind any of these ingredients and moisten with salad dressing or with sweet or sour cream. This is always a good way to use left-overs.

For sweet fillings use jams, preserves or jellies. Honey combined with creamed butter or cream cheese with fruit, grated orange rind or lemon juice adds welcome variety.

Relish fillings consist of chopped vegetables with mayonnaise dressing.

There is plenty of room for originality in making sandwiches. If your family get a little tired of the old favorites, use your imagination, keeping these basic ideas in mind.

-30-

AMS:sf
8/25/54

FOR RELEASE ON OR AFTER MONDAY, AUGUST 30, 1954

What To Look For In Corduroy

URBANA--When you buy corduroy, look for soft, pliable material that lends itself to draping. That's the advice of Miss Fern Carl, University of Illinois clothing specialist.

She says the cord should be straight, well raised and sharply defined; the pile should be firm; and the finish should be clean, lustrous and free from lint.

Corduroy, a favorite with homemakers during the past few years for clothing as well as for home decoration, has proved its value over and over. Besides being washable and in the low-cost bracket, it is extremely durable because the pile rather than the fabric takes the wear.

Manufacturers have been able to apply finishes that insure wrinkle-resistance, spot-resistance and water repellency so that the uses for corduroy have increased greatly during recent years.

The general trend now is toward the soft, fine corduroys, the pinwale being most popular. You can choose from a wide variety of lovely colors or from the printed corduroys now on the market.

While most corduroys come in 36-inch and 39-inch widths, you may find some on the 41-inch bolts because some mills are experimenting with this new width. For the decorating trade, a few mills are even making corduroy 54 inches wide.

-30-

ZAB:sf
8/25/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER MONDAY, SEPTEMBER 6, 1954

Keep Guns Away From Children

URBANA--Even if you believe that all the guns in your house are unloaded, it's a good idea to keep them away from children, says University of Illinois safety specialist Gordon McCleary.

The worth of this advice was proved recently when a 12-year old McHenry county boy shot and killed himself while playing with a .22 caliber rifle. The victim and his brother, aged 15, thought the weapon was not loaded. Both parents were gone when the accident occurred.

It's a good idea to keep ammunition away from youngsters, too. In or out of a gun, cartridges and shells are dangerous.

A gun cabinet with a locked door is the safest place for guns, McCleary says. If you must have a gun handy for rodents or protection, then keep it out of sight and reach of youngsters.

-30-

GLM:sf
9/1/54

FOR RELEASE ON OR AFTER MONDAY, SEPTEMBER 6, 1954

Teach Your Child to be Considerate of Others

URBANA--Teach your child during his preschool years to be considerate of others, and it will be easier for him to conform after he starts to school.

Miss Margueritte Briggs, child development specialist at the University of Illinois, says you can help your child understand that rules are meant to protect other people as well as himself. Only if he understands early in life that the world is not his alone will he be able to live happily in it.

For his own comfort and safety, teach him not to be afraid of his teacher, the bus driver, the policeman and any others to whom he may need to look for help. It is wise to encourage a child to seek help when he actually needs it but to solve his own problems when he feels capable of doing so.

When a child cannot understand why he must do certain things and not do others, he may become stubborn and even rebellious. It is hard for a youngster who is used to being the center of attraction to understand that he has to be quiet while his parents talk with visitors or that he cannot have all the things he would like.

"No's" properly balanced with "yeses", consistent and suitable discipline plus kindness, will gradually develop in a child a clear understanding of his rights and privileges in his family circle and prepare him for a larger world of playmates, schoolmates, teachers and others.

-30-

AMS:sf
9/1/54

FOR RELEASE ON OR AFTER MONDAY, SEPTEMBER 6, 1954

Read Labels on Clothing

URBANA--Some new information should be appearing on clothing labels this fall, so look for it when you buy clothing for yourself as well as the children.

Miss Edna R. Gray, clothing specialist at the University of Illinois, says to look for a guarantee that the exposed parts are within the limits set by the new flammability law that went into effect July 1. She says this is especially important on fabrics that are sheer or that have a furry texture.

Miss Gray also reminds you to look for labels on rayon clothing. These will tell by means of colored bands what type of care the garment will need. They are like the familiar traffic lights: green--go ahead, the garment will wash; yellow--proceed with caution; and red--be careful, better dry clean this one.

ZAB:sf -30-

You Need Relaxation During the Day

URBANA--Take a few minutes out of each day to just sit down and relax. Tense your body muscles; then let them go limp.

Think about relaxing and soon it will come naturally, says Miss Pauline Brimhall, University of Illinois health specialist. Then see if you don't feel better at the end of the day.

She says that if you can take the time to lie down each day for five or ten minutes during mid-morning and mid-afternoon, it will help you to relax more completely and you'll feel better afterwards.

-30-

ZAB:sf
9/1/54

FOR RELEASE ON OR AFTER MONDAY, SEPTEMBER 6, 1954

Correct Fit Means Comfortable Shoes

URBANA--When you're shopping for shoes, don't ask for a certain size or permit the clerk to judge your size by the pair you're wearing.

Miss Pauline Brimhall, health specialist at the University of Illinois, says both of your feet should be measured before you try on shoes so that you'll be sure of getting the correct size.

Remember, too, that the shape of the shoe is as important as the correct size. The shoe last should be similar to the shape of your foot.

Comfort is your best guide. A good general rule to follow is to buy shoes from a reliable shoe store.

ZAB:sf

-30-

Pockets not only add to the attractiveness of your young child's clothes, but they are also useful for holding a hankie or paper tissue. Put one in the pocket of your little boy's shirts or your little daughter's dresses after washing and ironing them. Then you will be sure they don't forget a hankie in the last-minute rush to school.

****

Your children's school books will stay cleaner if you make covers for them out of heavy paper or pieces of oil cloth.

-30-

AMS:sf
9/1/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER MONDAY, SEPTEMBER 13, 1954

Read Cleaning Fluid Label Carefully

URBANA--When you're buying cleaning fluid for those little jobs at home, be sure to read the label carefully, says University of Illinois safety specialist Gordon McCleary.

Cleaning fluids fall into three classes: explosive, non-explosive but flammable and non-explosive and non-flammable. The label must state what type of fluid is in the container.

Ordinary gasoline is the best example of explosive cleaning fluid, McCleary says. It should never be used for cleaning, either indoors or out. It takes only a tiny spark to set off a severe blast.

There are many fluids of the second type. They will burn, but will not ignite so rapidly that they explode. But they still leave a lot to be desired from the safety standpoint.

The best type of fluid, says McCleary, is non-explosive and non-flammable. Since the fumes may make you ill, always use the cleaner outdoors or in a room that is well ventilated.

-30-

GLM:sf
8/9/54

FOR RELEASE ON OR AFTER MONDAY, SEPTEMBER 13, 1954

Good Breakfast Means Head Start

URBANA--A food specialist at the University of Illinois says that a substantial breakfast can help your child be successful in school.

Miss Geraldine Acker says breakfast should provide one-fourth to one third of everybody's daily food needs. Many studies have shown breakfast to be an important factor not only in the health of school children, but also in their learning and behavior. So don't let your children skip breakfast, but tempt them to eat.

Start out with fruit juice or fresh fruit. Citrus fruits contain an especially large amount of vitamin C which your body can't store and needs to get every day.

Serve a protein-rich food, such as eggs, meat or cereals with milk. Proteins are made up of amino acids, the building blocks for growth and muscle repair.

Breads and cereals also provide energy, as does the fat that gives additional staying quality to the food. And give your child a glass of milk to start the day. It is hard to get your daily requirements of milk unless you start out in the morning with a full glass.

There are many ways to serve the variety of breakfast foods attractively. Use your imagination, and your family will love to get up for breakfast.

It's not incidental that September, the "back-to-school" month, is called the breakfast month. Give your child a head start by serving him a good breakfast.

-30-

AMS:sf
8/9/54

FOR RELEASE ON OR AFTER MONDAY, SEPTEMBER 13, 1954

Ground Meat Is A Good Buy

URBANA--Plenty of beef, especially the cuts that are best when ground, will be on the market for the next five months.

Miss Geraldine Acker, food specialist at the University of Illinois, says such cuts are not only thrifty, but offer almost unlimited variety in preparation and cooking.

Meat loaf and meat patties are family favorites served indoors or out, hot or cold.

Like most homemakers, you probably have your traditional recipe for meat loaf. But to keep it interesting you might want to vary it at times. For more festive occasions, Miss Acker says to top the baked meat loaf with pineapple wedges or slices brushed with butter or fat and bake it for 10 more minutes.

For a different flavor, add two or three finely diced bananas, one tablespoon of lemon juice and a quarter of a cup of apple sauce to your favorite meat loaf mixture. Or pour a portion of canned tomato soup around the loaf and baste the meat as it bakes.

Individual meat loaves are a special favorite with children. Bake them in muffin tins or individual loaf pans. This simple trick gives the well-known dish a different face. Or you can make your meat loaf attractive by baking it in a ring mold. Fill the center with small boiled onions and surround the loaf with glazed carrots.

-more-

Ground Meat Is A Good Buy - 2

You can also add variety by serving meat loaf ring with other different garnishes. Broiled peach halves brushed with butter or bacon fat and sprinkled with cloves or cinnamon are a delicious treat. So are broiled tomato halves, which are always a favorite not only because of their delicious flavor, but also because of their bright color. With a bit of grated cheese, minced bacon or finely chopped parsley on top, they add a vivid color to your meal.

Fried onion rings are always a popular accompaniment. Dip them in a thin batter and pan fry or French fry them.

And don't forget the many varieties you can get by using different minced herbs in your meat loaf. Marjoram, savory and thyme or a minced clove of garlic along with the other seasonings may give it an extra-special flavor.

AMS -30-

Comfort Your Child at Bedtime

URBANA--At bedtime a small child often feels lonely, insecure and afraid. But a bedtime ritual can be very comforting to a child, according to University of Illinois child development specialist Margueritte Briggs.

Allowing time for a leisurely bathroom routine, for undressing, for a good-night kiss, for a story or a prayer helps the child feel that he is not being shoved off to bed in order to let the rest of the family engage in more interesting activities and enjoyment.

-30-

AMS:sf
8/9/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER MONDAY, SEPTEMBER 20, 1954

Help Your Child To Be Like Others

URBANA--Help you child be one of the crowd. Don't try to make him be different.

Miss Margueritte Briggs, child development specialist at the University of Illinois, says a good part of a child's happiness depends on whether he can be like the others. Children that grow up in a family that lives like other families have little difficulty in adjusting to the outside world.

But if your child does not live like the rest, he may become confused and unhappy.

There are some circumstances beyond a family's control, such as difference in race, religion or nationality. But there are many that you can control.

Dress him like other children, let him wear his hair the way the others do. And if his first name is quite unusual, call him by a nickname that does not label him as being different.

Help you child get acquainted with the food and eating habits and the social customs that are accepted in his community so that he won't feel strange and awkward in school or when he is invited to a friend's house.

If you help your child to be like other children and to feel friendly toward them, he will soon learn to become one of the group and to be happy with others.

-30-

AMS:sf
9/15/54

FOR RELEASE ON OR AFTER MONDAY, SEPTEMBER 20, 1954

Help Your Child Understand Death

URBANA--Help you child understand what death is before you prepare him to face the crisis of death in his family or among his friends.

Death to a child may resemble sleep, says Dr. J. Charles Jones, child development specialist, University of Illinois, but it is probably well to point out that death definitely is NOT sleep. Otherwise your child may be afraid to go to sleep for fear that he may not wake up, or he might worry about his parents or some other loved one's failing to awake.

Instead of avoiding the topic of death, parents should discuss it in an unemotional way if the occasion presents itself. The explanation you give your child may depend upon your religious views and his age. Perhaps you can satisfy him by telling him that the dead kitten or bird is dead because he no longer breathes, his heart has stopped beating and he does not feel or move. Such an explanation may satisfy the young child for a time and be adequate for his purpose.

Anxiety is not lessened by keeping a child uninformed. The atmosphere of mystery may only serve to increase his fears. He may well feel that death is something too terrible to be even talked about.

One thing parents should try to avoid is the rather typical reaction of "Don't touch it, it's a nasty dead thing." A feeling that death is disgusting and terrible can readily arise from such a parental attitude.

-30-

AMS:sf
9/15/54

FOR RELEASE ON OR AFTER MONDAY, SEPTEMBER 20, 1954

Every Homemaker Needs a File

URBANA--If you're a homemaker, you need a file of good, up-to-date information to help with your home management problems.

How many times have you been sure that you had saved a certain suggestion but couldn't find it when you looked for it? A good filing system is the answer to finding information when you want and need it, says Miss Margaret Goodyear, member of the home management staff at the University of Illinois.

The method you use isn't too important as long as it works for you. A box or drawer with folders in which to put the various subjects will serve very well if you don't have a regular filing cabinet.

You may want to use an alphabetical index with such headings as Child Development, Clothing, Food, Finance, Gardening, etc. Or you may want to use a numerical code of some sort. Some subjects may be large enough to subdivide.

There are several sources from which you can get information. You probably already clip articles from newspapers and magazines. If they are short, you can paste them on larger sheets of paper so they won't get lost in the folders. You can get publications from the U.S. Department of Agriculture and your state extension service and experiment station. Commercial firms also supply facts about their products, sometimes at a small charge.

In gathering information, make sure every bit of it is reliable. To be reliable, it must be written by an authority in the field and be up-to-date. So clean out your file once or twice a year and don't let your filing stack up, or you'll find that your file isn't doing the job you expected it to do.

-30-

ZAB:sf
9/15/54

FOR RELEASE ON OR AFTER MONDAY, SEPTEMBER 20, 1954

State Nutrition Conference Scheduled

URBANA--Members of the Illinois Nutrition Committee have scheduled their annual fall conference for Saturday, September 25, at Eastern Illinois State College, Charleston. "Food First for Fitness" is the theme for the program, and both lay and professional persons interested in promoting better nutrition are invited to attend.

Registration and the showing of recent nutrition films will start at 9:00 o'clock (DST). Dr. R. G. Buzzard, president, EISC, will address the group at 9:30. Two other speakers have been scheduled for the morning session.

Miss Ida Wides, director of the Nutrition Clinic, Michael Reese Hospital, Chicago, will discuss "Family Meals and Theraputic Diets." "The Water Problems of Our State" is the topic selected by C. W. Klassen, chief sanitary engineer, State Department of Public Health.

Dr. Janice M. Smith, professor of nutrition and head, Home Economics Department, University of Illinois, is the first speaker for the afternoon. She will review some of the new developments in the field of nutrition.

Most of the afternoon session will be concerned with plans for Illinois Nutrition Week November 7-13. Miss Gertrude Kaiser, chairman for the week, has invited six Illinois counties to report. Counties reporting are Mason, McDonough, Rock Island, Pope, LaSalle and McHenry.

-more-

FOR RELEASE ON OR AFTER MONDAY, SEPTEMBER 20, 1954

State Nutrition Conference Scheduled - 2

Reservations for the Saturday luncheon should be made with Dr. Sadie Morris, head, Department of Home Economics, EISC, not later than Thursday, September 23. Dr. Morris will make room reservations on campus on request.

Miss Sarah Miner, chairman of the Illinois Nutrition Committee, has called a meeting of the executive board for Friday evening, September 24, at 8:00 p.m. The group will meet in the Lounge of the Booth Library.

-30-

JEH:sf
9/15/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER MONDAY, SEPTEMBER 27, 1954

Keep Children Away from Corn Picker

URBANA--A corn picker and elevator may be interesting for children to watch, but make sure they watch it from a safe distance, says University of Illinois safety specialist Gordon McCleary.

Many moving gears, chains and shafts can't be shielded. And every exposed moving part is an invitation to injury if children are allowed to play near machinery.

Particularly dangerous is the practice of letting children ride with Dad on the picker or tractor. Running a picker--and doing it right--is a full-time job. That leaves no time to watch a curious youngster, McCleary says.

If your children want to feel that they have a part in the corn harvest, let them go with you when you take lunch to the field. And watching the corn elevator can be good entertainment--if it is done from a safe distance.

-30-

GLM:sf
9/21/54

FOR RELEASE ON OR AFTER MONDAY, SEPTEMBER 27, 1954

Knitted Undergarments Need Special Patching

URBANA--When you patch knitted undergarments, remember that the patch and its stitching must "give" with the cloth. Therefore, you'll want to use a special type of mending.

Miss Fern Carl, University of Illinois clothing specialist, says it is important to use material that is of similar construction, weight and appearance.

First, put embroidery hoops around the part to be mended, making sure the hole is stretched and the fabric is smooth. Then cut the patch the same shape as the hole but at least three-fourths inch larger. Unless the material is light in weight, or you know it will run, do not turn in the edge of the hole or the patch.

Place the patch under the hole on the wrong side of the garment, matching the ribs of the patch with those of the garment. Then pin the patch in place.

Next, baste the patch to the garment on the edge of the patch and also on the edge of the hole. Then catch-stitch or "cat-stitch" the patch in place, working from left to right along the two edges that are basted.

Take the first step of the stitch through the two thicknesses, and the next through a single thickness just off the edge of the patch. The depth and distance between stitches will depend on the type of material, but be sure to keep your stitches small and close together.

-30-

ZAB:sf
9/21/54

FOR RELEASE ON OR AFTER MONDAY, SEPTEMBER 27, 1954

Vicara Popular This Year

URBANA--You'll be finding the name Vicara more and more this year among the popular man-made fibers.

Vicara is more like wool than the other man-made fibers, according to Edna R. Gray, University of Illinois textiles specialist. It is soft, absorbent and almost entirely free from static. It not only resists shrinking and felting, but is also moth resistant.

People who are allergic to wool will find that Vicara and its blends with other man-made fibers give them "woolly-looking" clothes without the discomfort wool causes them.

Sweaters, blouses and dresses aren't the only articles you'll see made of this fiber. Manufacturers are using Vicara for gloves, coats, suits (both men's and women's), men's socks and shirts, robes, blankets and upholstery fabrics.

Sweaters made with Vicara resist pilling--the formation of little balls of fiber on the fabric. They keep their shape, too, because Vicara is resilient. And, to give you the best features of other fibers, you will find sweaters of Vicara blended with nylon or nylon and lamb's wool.

However, Miss Gray gives you a word of warning: If a sweater has wool in it, give it the same moth protection you would give an all-wool one. Moths will not be interested in the Vicara, but they will be interested in the wool if it has not been treated to make it moth-resistant.

-30-

ZAB:sf
9/21/54

FOR RELEASE ON OR AFTER MONDAY, SEPTEMBER 27, 1954

It's Time for Stew

URBANA--If you have Irish ancestry, you know that savory stews are a favorite on chilly fall nights. They are easy to prepare, economical and tasty whether you use lamb or beef, cabbage or other vegetables.

Miss Geraldine Acker, food specialist at the University of Illinois, says there's lots of lamb and beef now. And you can expect them to remain economical buys during the coming months. Fresh vegetables are also plentiful. Why not combine the two? Many meat and vegetable combination dishes will please your family.

Cabbage, carrots, onions, turnips, new potatoes and beans are all delicious in vegetable-beef or -lamb stew.

To enhance the flavor of stews, brown the meat well and season it before you add the liquid. Also, if you flour the beef before it is browned, you will have a browner and tastier stew and you may not need to thicken the gravy later. Unless you cook your stew in a pressure cooker, let the meat simmer for about two hours and add some more liquid if necessary.

Put the vegetables in when the meat is almost done. Prepare vegetables the same size so that they will be done at the same time. Let the entire stew simmer for about 20 minutes. Cook whole onions 10 to 15 minutes longer than other vegetables.

-30-

AMS:sf
9/21/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER MONDAY OCTOBER 4, 1954

Sweaters Need Simple Care

URBANA--Slip-on and cardigan sweaters are as popular as ever this year and the man-made fibers are stealing the spotlight.

Sweaters made from these fibers need little care, and the care they do need is simple, says Jane Werden, clothing specialist at the University of Illinois. A little attention goes a long way, and you'll find it easy to keep the garments looking as beautiful as they were the day you bought them.

Keep sweaters folded neatly in a drawer. Never, never hang them on hangers. After each wearing, air them before you put them away.

When you put on a slip-on, put your arms through the sleeves and gently ease the garment over your head. If it doesn't slip easily over your head, pull it gently from the neckline, but never tug.

Be careful not to snag your sweaters with buckles, belts, jewelry or anything that has rough or sharp surfaces, not just when you're wearing them, but whenever you handle them.

-more-

Sweaters Need Simple Care - 2

Sometimes the neck of a sweater may stretch. If it does, try running two or three rows of elastic thread through the neck ribbing.

Before washing a sweater, draw the outline of it on paper so that you can block it to that size after washing. Wash in lukewarm water with a synthetic detergent or mild soap. Knead gently, but do not rub. Rinse well in lukewarm water, and roll in a Turkish towel to absorb excess moisture. Then place on a flat surface, pull gently into shape, and let dry. It's a good idea to dry sweaters out of direct sunlight or away from high heat.

Moths will not attack sweaters made of the man-made fibers. But those of wool need protection. And don't forget: sweaters that are only part wool need just as much protection as those that are all wool.

ZAB:sf -30-

Corduroy and Velvet Need Special Handling

When you make a garment from corduroy or velvet, be sure to place all pieces of the pattern on the cloth in one direction.

That word of warning comes from Miss Florence King, University of Illinois clothing specialist. If part of the garment is cut in one direction and another part in the opposite direction, the reflection of light will not be the same. As a result, some parts of the garment will look lighter than others. It's better to use more material than to have unmatched pieces.

-30-

ZAB:sf
9/29/54

FOR RELEASE ON OR AFTER MONDAY, OCTOBER 4, 1954

Home Economics Heads to Meet

(Note to Editor: A list of heads of home economics departments who will attend the meeting is attached.)

URBANA--Home economics department heads from 15 Illinois colleges and universities will meet at Allerton Park, Monticello, October 2 and 3 to discuss ways of making home economics better serve students on Illinois campuses.

Dr. Grace Henderson, dean of the school of home economics at Pennsylvania State University, will be the main speaker at the meeting. Her talk is entitled "Experiences of a Dean in the Interpretation of Home Economics." Dr. Henderson has made extensive surveys on the recruitment of home economics students.

Speakers at the Saturday morning session will be Miss Sarah Miner, head of home economics at Western State Teachers College, and Miss Mate Giddings, head of home economics at MacMurray College. A panel discussion on the interpretation of home economics to administrators will be held, with Dr. Eileen Quigley, head of home economics at Southern Illinois University, serving as moderator.

Speakers at the afternoon session will be Miss Miriam Shelden, dean of women at the University of Illinois; Dr. Henderson; and Mr. Hugh E. Muncy, field representative for the Illinois Chain Store Council.

The conference will close Sunday with a summary of the proceedings and a discussion of plans for future meetings.

-30-

ZAB:sf
9/29/54

FOR RELEASE ON OR AFTER MONDAY, OCTOBER 4, 1954

Heads of home economics departments attending meeting October 2-3.

Mrs. Agnes Jones
Northern Illinois State Teachers College

Dr. Thelma Porter
University of Chicago

Sister Mary Pierre and Sister Mary Rense
Mundelein College

Dr. Viola M. Bell
Milliken University

Miss Sarah Miner
Western Illinois State College

Miss Louise Mojonier
Illinois Institute of Teahnology

Dr. Florence Davis
Illinois State Normal University

Dr. Eileen E. Quigley
Southern Illinois University

Sister M. Nazarius and Sister Juliette
Rosary College

Miss Mate L. Giddings
MacMurray College

Dr. Sadie O. Morris
Eastern Illinois State College

Miss Florence Quilling
North Central College

Miss Kathryn Tissue
Illinois Wesleyan University

Mrs. Clara Giuliani
Wheaton College

Dr. Janice M. Smith
University of Illinois

-30-

9/29/54

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER MONDAY, OCTOBER 11, 1954

Give Corn Pickers a Lunch Break

URBANA--A mid-morning and mid-afternoon lunch break for busy corn pickers can help keep your husband off the accident list, according to Gordon McOleary, University of Illinois farm safety specialist.

Studies of corn picker accidents in a neighboring state show that they reach a peak about 10:30 a.m. and 3:30 p.m. Many of the picker operators who were injured about this time said they were sleepy or getting bored with the job, or that the next meal was too far away to anticipate.

A tasty sandwich or two, some cake or cookies and a drink to fit the weather can break that long morning and afternoon. Even if it takes your best dessert to stop the picking, it's effort well spent if it helps to prevent an accident.

-30-

GLM:sf
10/5/54

FOR RELEASE ON OR AFTER MONDAY, OCTOBER 11, 1954

Choose a Suitable Ironing Board

URBANA--The height, size and construction of your ironing board can make your ironing seem easier or harder, according to a home management specialist at the University of Illinois.

Miss Catherine M. Sullivan advises that you choose a board which is the right height for you. If it is adjustable, you'll be able to sit down to iron, and other people of different heights can also use it.

Choose a wide board so that you won't have to handle the garment and the iron so much. If your board is rigid, it won't move while you iron. A wobbly board means that you must watch it as well as the iron.

ZAB:sf -30-

Dynel is Washable

URBANA--You can wash clothing made of Dynel if all the parts are washable. Check the lining, canvas, thread and other parts for washability.

This information comes from Miss Edna R. Gray, University of Illinois clothing specialist, who says you should never wring a fleece garment or try to dry it in the dryer. Allow it to drip dry. The excess water may be blotted up with a clean towel.

-30-

ZAB:sf
10/5/54

FOR RELEASE ON OR AFTER MONDAY, OCTOBER 11, 1954

Apple Season Here or Near

URBANA--You have heard the old saying, "An apple a day keeps the doctor away"...and that's not an old wives' tale.

Mrs. Barbara McGrath, foods specialist at the University of Illinois says apples are a good source of vitamins and minerals. Make use of the larger supply that will be coming to market now!

At the beginning of the season you will especially enjoy the fresh, juicy and tart flavor as you bite into a crunchy apple. Apples are a good fruit for the lunch box, too, because they keep well and don't get crushed.

From appetizers to dessert, apples have a place in your meals. They give texture to your fruit cup, they add zest to a Waldorf or other salad, they give a delightful flavor when cooked with such vegetables as red cabbage or sauerkraut and they are delicious as dessert in pies or sherbets. And then there are the many apple casserole dishes, such as apple brown Betty, steamed apple pudding and many others.

Fried apple slices or applesauce is tasty with meat. You might also want to try stuffing a goose or a duck with apples.

If all these suggestions do not put you in the "apple mood," how about clear, pink apple jelly or apple marmalade?

-30-

AMS:sf
10/5/54

FOR RELEASE ON OR AFTER MONDAY, OCTOBER 11, 1954

It's Time to Combine

URBANA--Save money on your meals by combining plentiful beef and vegetables. For instance, Miss Geraldine Acker, foods and nutrition specialist at the University of Illinois, says that hollowed tomatoes, green peppers or cucumbers sliced lengthwise and stuffed with ground beef are delicious. Bake the stuffed vegetable in a covered glass oven dish. If your family likes cheese, you might sprinkle some over the vegetable shortly before it is done and then cook uncovered until tender.

Cabbage is another vegetable that is especially tasty with ground beef. Scald large leaves to make them more pliable. Then roll them around a lump of seasoned ground beef. Use a skewer to hold the cabbage rolls together. Thicken the juice before you serve your casserole, or add a can of tomato sauce if you want more gravy.

Add flavor to acorn squash with ground beef. Partly steam or bake the squash halves. A good way is to turn them upside down on a flat baking sheet. Then stuff them with ground beef and cook until the meat is done and the squash is tender.

-30-

AMS:sf
10/5/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER MONDAY, OCTOBER 18, 1954

Wear Right Clothes for Corn Picking

URBANA--You've heard the saying, "Clothes make the man." The records show that clothes--the wrong kind, that is--are often responsible for accidents around corn-harvesting machinery.

A man running a corn picker should wear clothes that won't catch on moving gears, shafts and other parts. Even a fairly smooth chaft can grab a torn pants leg, beginning with one little thread and then gobbling up the rest of the pants--with the victim in them.

And watch out what kind of gloves your husband wears, too, McCleary says. No gloves at all are safest, but if the weather makes them necessary, they should be cloth without any floppy gauntlets. Stear away from double-thumb gloves especially. Leather gloves are not as safe as cloth gloves because they won't pull off as easily if they become caught.

If you've been putting off mending some of those old clothes, do it now before corn-picking season begins. It may prevent an injury or perhaps save a life.

-30-

GLM:sf
10/13/54

FOR RELEASE ON OR AFTER MONDAY, OCTOBER 18, 1954

Try Charity Project on Hallowe'en

URBANA--Hallowe'en is a good time for parties, but unfortunately many children think it's a time for pranks.

This year, instead of letting your child go out to "trick or treat" (even though his tricks may be perfectly harmless), why not encourage him to join a group that will use its energy to collect donations for charity? That suggestion comes from E. H. (Duke) Regnier, rural recreation specialist at the University of Illinois.

If you do not know of an organization in your community that is planning this type of Hallowe'en activity, why not suggest it to the Ministerial Association or Community Chest?

ZAB:sf -30-

Give Your Sewing That Professional Look

URBANA--You can save time and also give a professional look to those clothes you're planning to make if you are accurate and careful in transferring pattern marks to the garment pieces.

The secret is to use a tracing wheel and dressmaker's tracing paper on the wrong side of the material, according to Miss Helen Zwolanek, University of Illinois clothing specialist. But test it on a scrap of the material first to be sure the markings will not penetrate through to the right side.

You'll find that this method is quick, easy and, most important, precise!

-30-

ZAB:sf
10/14/54

FOR RELEASE ON OR AFTER MONDAY, OCTOBER 18, 1954

Retain Morale Vitamin B_1 in Cookery

URBANA--The average diet 100 years ago contained more of the morale vitamin B_1 than diets today, because some of the modern milling methods remove much of the thiamin (B_1) from wheat.

Miss Edna C. Dick, foods and nutrition specialist at the University of Illinois, says before the advent of enriched flour and bread the average American diet contained much too little thiamin.

According to estimates made by the U. S. Department of Agriculture, the amount of thiamin in the diet decreased gradually from 1909 to the mid-thirties. The main reason was the decreased consumption of grain products. However, the use of highly refined foods may also result in too small an intake of thiamin.

Since 1943, enrichment has restored thiamin and other nutrients to white bread and flour. The per capita food supply has been estimated to contain about 25 percent more thiamin than it would have had without enrichment.

Thiamin is often lost in cooking. It is one of the water-soluble vitamins, which means that it will dissolve in the cooking water. Therefore, it's a good idea to use the water you cook your vegetables in for soups or gravies. To cut down on the thiamin loss as much as possible, wash vegetables before you cut them, and don't soak them in water.

Miss Dick says thiamin losses up to 90 percent have been reported from cooking. In general, moist heat destroys thiamin faster than dry heat, and longer cooking times destroy it faster than short cooking times.

-more-

FOR RELEASE ON OR AFTER MONDAY, OCTOBER 18, 1954

Retain Morale Vitamin B_1 in Cookery - 2

Results of recent research have shown that the quick freezing method is especially effective for retaining thiamin in food preservation. Blanching has also proved to be an important way of conserving the vitamin. This is probably due to the destruction of enzymes during the blanching period.

Alkalies also cause thiamin to decompose. Breads made with too much soda or baking powder lose their thiamin content. So do biscuits and cornbread made with sour milk and soda.

AMS:sf -30-

Know Your Pattern

URBANA--Before you buy a pattern, take time to study it. Make sure it's the right size so that it will need as little alteration as possible.

If you know you'll have fitting problems, buy a pattern with a blouse that fits, and then alter the skirt, says Miss Fern Carl, University of Illinois clothing specialist. Or you may prefer to buy two patterns--one for the blouse and one for the skirt. You may find that a half-size pattern fits you better than a regular size.

After you buy the pattern, study the envelope, the instruction sheet and the pattern itself. Some patterns show construction details; some show notches to be cut outward; some indicate the direction of stitching seams.

If you know your pattern, you're bound to have a better looking garment when you finish.

-30-

ZAB:sf
10/14/54

Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER MONDAY, OCTOBER 25, 1954

Ground Broken for Home Economics Building

URBANA--The hope for a new home economics building on the campus of the University of Illinois became a reality at the ground-breaking ceremony October 19. The first shovelful of dirt was turned by Dean Emeritus Robert R. Hudelson.

Dr. Janice M. Smith, head, department of home economics. presided at the ceremony. Guests who made brief remarks included Mrs. Frances Watkins and Mrs. Doris Holt, representing the University Board of Trustees; President Lloyd Morey; Louis B. Howard, dean of the College of Agriculture; Miss Jean Dinsdale, president of the home economics club; Honorable Hazel A. McCaskrin and Honorable Maud N. Peffers, members of the 68th General Assembly, who introduced bills for a home economics building; Honorable Everett R. Peters, District 24 Senator; Mrs. John Clifton, past president, Illinois Home Bureau Federation; Mrs. Milton Vaupel, president, IHBF; Miss Jean Kinzler, representing the Illinois Agricultural Association, and Dean Hudelson.

The speakers expressed appreciation to the women of the state, present and former members of the home economics staff, and state administrators for the help they gave in making the dream a reality. Dean Hudelson dedicated the site to American homes, particularly those in Illinois.

-30-

ZAB:sf
10/20/54

FOR RELEASE ON OR AFTER MONDAY, OCTOBER 25, 1954

Farm Homemakers Can Aid Census

URBANA--Calling all farm homemakers in Illinois!

You can be of great assistance to your husband and to the Bureau of the Census during the 1954 Census of Agriculture, which will get under way in this state about the first part of November.

By looking up records, helping your husband fill out questionnaires and answering the census taker's questions if your husband isn't home, you can help cut costs and save time.

It's a good idea to have your husband fill out as much of the questionnaire as he can before the census taker arrives. Then you'll both have time to look up records or talk to other members of the family if you need to consult them.

Some sections of the questionnaire such as the one that asks whether your home has electricity, television and a freezer, will probably be of special interest to homemakers.

It is important to have complete and accurate facts, since this type of information may be used by home economists, clothing and household equipment manufacturers and other individuals or organizations that serve homemakers.

However, facts about individuals and farms are confidential. Any information obtained in the census will be released in the form of totals for counties, states or larger areas.

-30-

ZAB:sf
10/20/54

FOR RELEASE ON OR AFTER MONDAY, OCTOBER 25, 1954

Don't Let Your Work Get You Down

URBANA--Cuts, falls or burns may be the result if you let yourself get too tired while doing your housework.

Miss Virginia Guthrie, of the home management staff at the University of Illinois, says your fatigue may be either physical or mental, but in either case there are ways to tackle the problem--to make you feel better and to help cut down the accidents due to fatigue.

To overcome physical fatigue, try to sit or lie down whenever you get a chance. A lot of work, such as ironing, preparing vegetables or polishing silver, can be done sitting down. A change in activity or some fresh air may also help to make you feed fresher again.

But try to prevent getting so tired. Analyze your work before you do it. You will find many waste steps and motions that you can cut out. You may even find whole work procedures that you can eliminate. For instance, try air-drying your dishes or folding sheets directly from the line if they are dried outdoors.

Use materials that are helpful in cutting down your work, such as seersucker tablecloths that need no ironing and plastic, straw or paper place mats.

Another way to make your work easier and speed it up is to do all jobs of a similar type at the same time. Miss Guthrie suggests, for example, collecting your mending in two baskets--one for machine

-more-

FOR RELEASE ON OR AFTER MONDAY, OCTOBER 25, 1954

Don't Let Your Work Get You Down - 2

mending and the other for hand mending. Then you can go to work right away, with no need to sort.

Your mental attitude is what causes psychological fatigue. But you are not alone with this problem...homemakers the world over sometimes get a let-down feeling in their never-ending job of homemaking. A study from Denmark says: Reduce the feeling of incompetance through better training for homemaking, and you help reduce fatigue. Greater appreciation of woman's work will help you do your job. But you have to be convinced yourself that homemaking is an important career.

If the multitude of problems weighs you down, try to see the immediate goals. Break a big job into small ones, and tackle them one by one. You will feel less fatigued with the sense of accomplishment that you experience.

To make some of your work easier and more interesting, such as preserving food, for instance, get together with your neighbor. Doing it together will not only save time, but will be more fun.

-30-

AMS:sf
10/21/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER MONDAY, NOVEMBER 1, 1954

heck Quality of Cashmere (First in series on specialty fibers)

URBANA--If you've noticed that all cashmere sweaters or oats do not have the same degree of softness, you've discovered hat there are varying qualities of cashmere just as there are varyng qualities of meat.

The quality depends on the proportion of underhair to uter hair used, according to Miss Florence King, University of Illinois textiles specialist.

The softer the material, the less outer hair. This outer air is long, straight and coarse; therefore, it is less valuable han the underhair. But the small quantity of underhair, or down, akes luxuriously soft, wool-like yarns that have a characteristic ighly napped finish.

Cashmere is a finer fiber than mohair, camel's hair or wool. t is desirable because it is soft, light in weight and warm. If the est grade is used, it is very soft and delicate and therefore not so urable.

When you buy cashmere, check the quality to make sure you et the softness or durability you expect from this fiber.

-30-

AB:sf
0/26/54

FOR RELEASE ON OR AFTER MONDAY, NOVEMBER 1, 1954

Price of Camel's Hair Varies (Third in series on specialty fibers)

URBANA--Camel's hair coats are extremely popular this fall, and perhaps you've been wondering why some of them are so much more expensive than others.

One reason for this price variation is that the textile industry has three different grades of camel's hair, according to Miss Florence King, University of Illinois textiles specialist.

Camel's hair fabrics are ideal for comfort, particularly when used for overcoating, as they are especially warm but light in weight. Camel's hair is characterized by strength, luster and smoothness.

Grade 1 is the soft and silky, light tan underhair found close to the skin of the camel. It is one to five inches long and is the choicest quality. Until recent years it was the only true camel's hair used in the manufacture of apparel.

Grade 2 is the intermediate growth, consisting partly of short hairs and partly of coarse outer hair. Grade 3 consists entirely of coarse outer hairs measuring up to 15 inches and varying in color from brownish black to reddish brown.

These coarse hairs are knows as kemp, which does not process readily or allow dye to penetrate thoroughly. Kemp hair is very easy to detect by feeling and sight.

Miss King says the best quality of camel's hair is expensive when used alone. When mixed with wool, it raises the quality of the wool fabric by adding the fine qualities of camel's hair. However, a mixed cloth should cost less than 100 percent camel's hair.

-30-

ZAB:sf
10/26/54

FOR RELEASE ON OR AFTER MONDAY, NOVEMBER 1, 1954

Llama Gives Fine Fibers (Second in series on specialty fibers)

URBANA--If you've been shopping for a coat this fall, you may have come into contact with llama hair, and perhaps you wondered what this fiber had to offer you.

A University of Illinois textiles specialist, Miss Florence King, says llama hair is generally brownish in color and very coarse, but some very fine fibers are obtained from the undercoat.

When llama is part of a blend of fibers, it give the exquisite natural colors that can be found in few fabrics. Llama mixtures have a characteristic high insulative property with a little weight. They are used for high-quality coat fabrics, as they embody the essential qualities of wrinkle-resistance, fastness of color and extreme durability.

The hair has a special value because it may be mixed with the hair of the alpaca, an animal of the same species that is raised for its fleece alone.

The llama is similar in species to the camel, having many of its characteristics but being about one-third its size. It is the traditional burden carrier in the higher parts of the Andes mountains in South America and therefore has not been bred for its fleece.

-30-

ZAB:sf
10/26/54

FOR RELEASE ON OR AFTER MONDAY, NOVEMBER 1, 1954

Check Material Content Before You Buy (Last in series on specialty fibers)

URBANA--Alpaca, valcuna, alpacuna and vicuna--not a tongue twister or a test of your pronunciation, but a test of your textile vocabulary.

The hair of some rare animals is used in making exquisite fabric for coats. Unfortunately, parts of the names of these animals are sometimes used to give false or nonexistent values to mixtures of cotton and wool that contain such insignificant quantities of the lowest grade of hair fiber that they could not possibly add quality to the fabric.

This information comes from Miss Florence King, University of Illinois textiles specialist, who says it is essential to check the content of the material before you buy.

The alpaca is an animal that is bred for its luxurious fleece. The fiber is valued for its silky beauty as well as for its strength. It is stronger than sheep's wool, is water-repellent and has a high insulative quality. If it is of the first quality, it is as delicate, soft and lustrous as the finest silk. If it is of the second quality, it will have some stiff outer hairs that can be detected by touch. Alpaca ranges from a very light tan to brown and black. The reddish-brown variety is considered the most valuable.

The vicuna is a rare animal whose hair makes the world's most costly and most exquisite cloth, surpassing such fibers as camel's hair, llama, cashmere and alpaca. It is the softest and

-more-

most delicate of the known animal fibers, and yet it is strong for its weight, is resilient and has a marked degree of elasticity and surface cohesion.

Valcuna and alpacuna are examples of words using parts of the names of rare animals for fabrics of lesser value. Therefore, when you buy, carefully check the content of the material. Analyze the blend to be sure of getting the value you want. The cost of the fabric will vary according to the amount and quality of the fiber used.

-30-

ZAB:sf

Features to Look for in Housedresses

When you buy housedresses, look for styles that have a piece of bias material or decorative slashes at points of strain.

With this reinforcement, you'll find it easier to reach as you do your work, according to Miss Helen Zwolanek, University of Illinois clothing specialist. And, if you sew, look for patterns that have these features.

-30-

ZAB:sf
10/26/54

for dailies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER SATURDAY, NOVEMBER 6, 1954

Cottage Cheese Is Nutritious

URBANA--Cottage cheese is a rich source of high-quality protein and therefore can either substitute for foods of equal protein value that are more expensive or supplement foods having lower quality protein.

In addition, cottage cheese is a good source of calcium and riboflavin, according to Dr. Stewart L. Tuckey, University of Illinois food technologist. It is economical as well as flavorful.

Dr. Tuckey suggests that you put a bowl of cottage cheese on the table and let your family help themselves. Serve it with a fruit or vegetable plate or salad.

Plain or combined with other foods, cottage cheese also makes a good sandwich filler. Try combining it with any of the following chopped foods: dried fruits, green olives, preserves or jam, cooked bacon, pickles, relish, hard-cooked eggs, celery or nuts.

Some recipes for cheese cakes and pies call for cottage cheese, and your family will no doubt like the pleasing flavor of this delightfully cool dessert.

So keep cottage cheese on hand always. Remember that besides being versatile, it is nutritious.

-30-

ZAB:sf
11/3/54

FOR RELEASE ON OR AFTER SATURDAY, NOVEMBER 6, 1954

More Thiamin Means Better Morale

URBANA--Thiamin is the morale vitamin!

Miss Edna C. Dick, foods and nutrition specialist at the University of Illinois, says thiamin (B_1) is called the morale vitamin because lack of thiamin affects your emotions and nerves. Other symptoms of thiamin deficiency are loss of appetite, quick fatigue, lower physical endurance, gastro-intestinal disturbances, muscular weaknesses, pains in arms and legs, swelling of the ankles and face and lowered blood pressure.

In severe cases it affects the entire nervous system and results in polyneuritis or beri-beri, a common disease in the Orient. Miss Dick says there is probably little thiamin deficiency in this country, but it is possible that there are often mild cases that show in vague aches and pains, tension, irritation or fatigue.

Although thiamin is one of the vitamins that has been studied for a long time, precisely what thiamin does inside your body is still a question for research scientists. But it is known that the body is not able to completely "burn" the food it has taken in if thiamin is not present. Therefore the amount of thiamin needed depends to some extent on the caloric intake.

The most recent table of the National Research Council suggests 1.6 mg. of thiamin for an adult man and 1.2 mg. for an adult woman, with an increase to 1.5 mg. during pregnancy.

Good sources of thiamin are lean pork; cereals, such as brown rice, whole wheat bread, cracked wheat, oats, rye; and egg yolk and legumes, such as kidney beans, green beans and green peas. Milk, lean beef and potatoes are also fairly good sources of thiamin.

-30-

AMS:sf
11/3/54

FOR RELEASE ON OR AFTER SATURDAY, NOVEMBER 6, 1954

Women Need Milk Every Day

URBANA--Experts recommend that adult women consume three glasses of milk--or the equivalent in milk products--each day.

The average diet of women as a group is low in two important nutrients--calcium and riboflavin--and milk is outstandingly rich in both, according to Mrs. Barbara McGrath, University of Illinois nutrition specialist.

Little more than half the calcium needed for best nutrition is found in the average diet of women and, as you know, calcium is responsible for bone and tooth proteciion. A long-continued diet that is lacking in calcium results in fragile bones that break easily and mend slowly.

The B-vitamin, riboflavin, is necessary for healthy eyes, skin and other tissues. It is also related to the body's resistance to certain diseases.

The recommended daily allowance of calcium is 800 milligrams, and of riboflavin, 1.4 milligrams. Three glasses of milk--skim or whole--will provide 864 milligrams of calcium and 1.26 milligrams of riboflavin. It is practically impossible to get enough calcium in the diet unless you include milk.

Don't be guilty of avoiding milk because you're afraid it's fattening. Actually, milk and milk products are basic foods in all scientifically sound reducing diets.

-30-

ZAB:sf
11/3/54

FOR RELEASE ON OR AFTER SATURDAY, NOVEMBER 6, 1954

FILLERS FOR NUTRITION WEEK

To prevent that mid-morning fatigue, everyone should start the day with a good breakfast.

Your day's food intake should be well balanced and should include the protein, vitamins, minerals and calories your body needs for good health.

Young children and pregnant and nursing women should have cod-liver oil or one of the other fish-liver oils every day to provide vitamins A and D.

Prepare vegetables as near cooking time as possible. They lose important food elements when soaked or allowed to stand after they have been peeled and cut up.

Preserve minerals, vitamins, color and flavor in vegetables by cooking them in small amounts of boiling water in a tightly covered pan only long enough to make them tender.

The right kind of foods are the protective foods, those that furnish the essential materials for body building and maintenance: proteins, vitamins and minerals. Select from the so-called basic foods--meat, eggs, enriched or whole grain bread and cereals, milk, fruits, vegetables and butter or margarine.

In planning your menus, keep in mind the important basic foods. Each day you should have three slices of bread; three teaspoons of fats; one pint of milk; one serving of meat, poultry or fish; one egg; four servings of vegetables; and three servings of fruits.

What we eat has a lot to do with how we feel. How we feel has a lot to do with how we look and act. What foods do you choose?

Good eating habits will help to make you feel like doing the things you have to do.

It's much easier to build a strong and sturdy house than to build a weak one and then patch it up. So it is with a growing child.

If you want to look your best, feel your best and do your best work, learn what foods you need and then be sure you get them.

Too often we build our meals out of what's in the pantry instead of building our pantry out of what should be in our meals.

-30-

EH:sf
1/3/54

FOR RELEASE ON OR AFTER SATURDAY, NOVEMBER 6, 1954

Food First for Fitness

URBANA--With so much to do and so little time to do it before the year's big holidays, "Food First for Fitness," the slogan for Illinois Nutrition Week, November 7 through 13, is an especially timely reminder.

Miss Geraldine Acker, foods and nutrition specialist at the University of Illinois, says in all the rush not to follow your natural temptation to serve the family "hurry-up" dinners or skimpy lunches. Remember that you have to eat right to be able to tackle all the big jobs with pep.

Remember the basic seven? They are a good guide to use in checking your menus, Miss Acker says. Why not start today? Each member of your family should have one or more servings of green and yellow vegetables daily. Include oranges, tomatoes or grapefruit in at least one meal. Serve potatoes, other vegetables and fruit at least once a day. The youngsters in the family should get three to four cups of milk; adults should have two or more. Give your family at least two servings of meat or poultry, fish, eggs, dried beans or peas, nuts or peanut butter and some bread or cereals and butter or margarine every day.

-30-

AMS:sf
11/3/54

FOR RELEASE ON OR AFTER SATURDAY, NOVEMBER 6, 1954

Governor Proclaims Illinois Nutrition Week

URBANA--November 7-13 has been proclaimed Illinois Nutrition Week by Governor William J. Stratton. "Food First for Fitness" has been selected as the theme.

Throughout the week Illinois folk will be talking nutrition with their friends and neighbors, digging out the facts, separating them from the fads and taking stock of their own personal food habits.

For the second year the week is co-sponsored by the Illinois Nutrition Committee and the Chicago Nutrition Association. The Illinois State Department of Public Health, Illinois Dental and Medical Associations, Illinois Tuberculosis Association, Illinois Home Bureau Federation, Illinois Federation of Women's Clubs, Illinois Agricultural Association, University of Illinois Extension Service and Illinois Public Library are a few of the organizations cooperating to make the week a success.

The program throughout the state is keyed to community action. Several months ago every county in the state appointed its steering committee, namely, a home economics teacher, a public health representative and the home adviser. The county committee in turn appointed local committees. These committees were directed to study the needs in their community, take stock of facilities and start the ball rolling.

-more-

FOR RELEASE ON OR AFTER SATURDAY, NOVEMBER 6, 1954

Governor Proclaims Illinois Nutrition Week - 2

Word has been received that a number of schools are preparing posters and planning special assembly programs. Two counties have reported that teams of high school students are being trained to give nutrition talks at other schools in the county, including all rural schools.

Home bureau units and PTA groups are observing the occasion in many communities. Women's clubs and civic organizations are scheduling special speakers. Local merchants are displaying school posters and arranging special exhibits calling attention to the week and its importance.

-30-

JEH:sf
11/2/54

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, NOVEMBER 12, 1954

Mohair Is Good Upholstery Fabric

URBANA--If you're looking for an upholstery fiber that is smooth, strong and resilient and that doesn't attract or hold dirt particles, mohair is your answer.

It absorbs dye evenly and permanently, is uniform in diameter and does not shrink or felt readily, according to Miss Florence King, University of Illinois textiles specialist. Besides that, it is naturally wrinkle-resistant. Although mohair is used for summer suitings, it is used to a greater extent for upholstery fabrics than for clothing.

Mohair is the hair of the Angora goat, which is native to Turkey but is also raised in some parts of the United States.

Imported mohair is 9 to 12 inches long and represents a full year's growth. Domestic goats are shorn twice a year, yielding a shorter staple--8 to 10 inches. Other than this, there is little difference.

There are different qualities or grades of mohair, and you can judge them by the fine and silky or the coarse and stiff hair.

-30-

ZAB:sf
11/10/54

FOR RELEASE ON OR AFTER FRIDAY, NOVEMBER 12, 1954

Have Turkey for Thanksgiving

URBANA--Even if the small turkeys, that are plentiful on the market now are too big for you, you can still enjoy the American turkey tradition. Try roasting just half of a turkey this Thanksgiving.

Richard C. Eaton, poultry specialist at the University of Illinois, gives you these pointers on how to roast half a turkey:

First tie the tail and leg of the half bird together by stitching clean wrapping cord through the skin at the end of the leg and then through the meat at the tail. Turn the bird upside down and sew the loose skin at the neck to form a pocket that you can fill loosely with stuffing. Now salt the body cavity and fill it level with stuffing. Stuffings swell as they cook, so put it in loosely.

Cut some heavy paper or aluminum foil and place it over the stuffing. Then lace across the paper or foil, catching the skin on each side. Rub the skin with fat. Roast the bird in a shallow uncovered pan without adding water. The shallow pan allows heat to circulate around the bird, roasting it evenly. A rack in the pan prevents sticking by keeping the bird off the bottom. Roast at 300° F., stuffing side down, basting every 45 minutes with the drippings. Half turkeys that weigh between 7 and 9 pounds take from 4 to 5 hours to roast.

-30-

AMS:sf
11/10/54

FOR RELEASE ON OR AFTER FRIDAY, NOVEMBER 12, 1954

Make Holiday Entertaining Easy for Yourself

URBANA--The year's biggest holidays are not far off, when you'll no doubt be entertaining family, friends and perhaps the children's gang.

Along with entertaining comes some work, but don't let it get you down, advises Miss Virginia Guthrie, member of the home management staff at the University of Illinois.

When you're getting ready to entertain, take the short cuts. Analyze your work to see whether there aren't some procedures you might eliminate completely.

When it comes to preparing a meal, why not try a buffet supper? It'll be a lot easier on you, and your guests will probably enjoy it more because it is informal. Plan to have foods most of which you can prepare ahead of time. Then you can relax and enjoy your visitors.

When it comes to the clean-up, you'll find there's nothing to it if you use paper cups and dishes. They're not only practical, but will give your buffet that gay and festive holiday look.

Check the wide assortment of plain and patterned supplies available at your favorite super market or variety store. You'll find paper cups in various sizes for either hot or cold beverages. There are the familiar shallow plates as well as sturdy tubs for serving salad or potato chips. And you'll find lots of different sizes and shapes for serving relishes, nuts or candies or perhaps dessert.

-more-

FOR RELEASE ON OR AFTER FRIDAY, NOVEMBER 12, 1954

Make Holiday Entertaining Easy for Yourself - 2

Miss Guthrie reminds you, too, that paper napkins and tablecloths add a decorative note, besides saving washing and ironing time later.

Throughout the holiday season, take it easy. Enjoy yourself instead of dreading every minute of it. You'll find yourself ready to start the new year with vigor instead of wishing you had a month to recover from it all.

-30-

ZAB:sf

Moderate Heat Makes Tasty Turkey

URBANA--Roast your Thanksgiving turkey at a moderate heat to make it just as juicy and tasty as possible. You'll find you have more meat left to serve, too, because high temperatures cause shrinkage.

The roasting time depends on the weight of the bird and the temperature. If you want to know how long to roast that turkey, goose, duck, chicken or guinea, you can get a "Timetable for Roasting Young Birds," a handy card that will be sent to you free of charge. Just write to 331 Mumford Hall, University of Illinois, Urbana.

-30-

AMS:sf
11/10/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, NOVEMBER 19, 1954

Let Teen-Agers Entertain

URBANA--"Throw open your kitchen to the teen-agers," says rural recreation specialist E. H. (Duke) Regnier of the University of Illinois.

Teen-agers need to get away from undesirable eating places, and they are more at ease in a less formal atmosphere. Besides that, teen-agers need to develop skills as hosts and hostesses--greeting guests at the door, taking their wraps, leading them to the scene of activity and making introductions.

It's true that your kitchen may have that "lived-in" look when you let them entertain there, but they must realize that they are responsible for leaving it clean. If they've had fun, they won't mind the clean-up.

You, of course, are expected to provide the food. A well-stocked pantry, so far as teen-agers are concerned, contains bacon, eggs, fruit juice, milk, cocoa, bread, cake or cookies, and all the makings for sandwiches, such as meat, cheese, peanut butter, jelly, pickles, onions, relish, etc.

-more-

FOR RELEASE ON OR AFTER FRIDAY, NOVEMBER 19, 1954

Let Teen-Agers Entertain - 2

Maybe there isn't room in your kitchen for the teen-agers. If there isn't, why not have them in the yard for watermelon, popcorn or a weiner roast? Or in the living-room around the fire in the fireplace? How about sharing with a teen-ager some of your talents or hobbies, such as knitting, photography or woodwork?

Teen-agers are first the responsibility of parents and then the community responsibility. If a youngster receives constructive help and attention during his teens, he will become the type of adult others expect him to be.

-30-

ZAB:sf
11/16/54

FOR RELEASE ON OR AFTER FRIDAY, NOVEMBER 19, 1954

Buy Sweaters With Eye for Future

URBANA--If you're planning to buy a new sweater soon and want it to be in the latest fashion now and even more in fashion next spring and fall, the longer, molded torso style will be your best buy.

That information comes from Miss Ritta Whitesel, clothing specialist at the University of Illinois. She says that if American women follow Dior's fashions in sweaters as they have in other fashions he has introduced, the longer sweater is definitely on the way in.

In spite of the continued popularity of short sweaters, some of Dior's longer ones with skirts dyed to match are being imported to the United States. They are not the loose, baggy, "Sloppy Joe" variety, but have a slightly molded waistline that gives a neat, trim look. They reach to the hipbone and are worn mostly with skirts that are either pencil slim or have yokes at the hips with pleats below.

Since short sweaters have been such favorites in the past and seem to be holding their own at the present time, buyers in retail stores have been hesitant to replace them with the longer styles. Then, too, as soon as more length is added, the price must go up.

Nevertheless, if you're planning to buy a sweater, you'll want to remember that this change in style is just around the corner.

-30-

ZAB:sf
11/16/54

for dailies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, NOVEMBER 26, 1954

Make Christmas Stockings This Year

URBANA--Hanging up the Christmas stocking is a tradition every child enjoys--and of course it's even more fun to take it down and find out what Santa has brought.

However, little Susie or Johnny is bound to feel a little hurt about hanging up such a small stocking beside big brother's size 11. So this year why not make stockings the same size from the youngest to the oldest?

You'll find Christmas stockings just as much fun to make for gifts as for your own family. With one-fourth yard of felt, flannel, oilcloth or other material and some scraps, you can easily make colorful stockings. A few beads and some sequins will add that "holiday look."

If you would like directions for making three different stockings, send a post card or letter to 206 Bevier Hall, University of Illinois, Urbana, Illinois. They will be sent to you free of charge.

-30-

ZAB:sf
11/23/54

FOR RELEASE ON OR AFTER FRIDAY, NOVEMBER 26, 1954

Is Your Storage Space Adequate?

URBANA--You'll be spending a great deal of time in your kitchen during the next few weeks, so take a look at the storage space there. Is it adequate for your family's needs? Are the items stored where they are first used, and are they easy to see, easy to reach and easy to grasp?

Miss Helen E. McCullough, who has done a considerable amount of research on home storage at the University of Illinois, says the requirements for good storage are adequacy, accessibility and, above all, location at the point where the contents will be used.

She suggests that you take a look at your mixing center. Are all the things you need for mixing stored there? Are your measuring cups and spoons easy to see, reach and grasp? Maybe you'll want to hang them on small nails or hooks. Are your mixing bowls within easy reach, or do you have them stacked on a high shelf? If you have room, don't put your bowls in one another. You'll save time and energy if you place them separately on a shelf just above the mixing height.

Do you have enough cupboard space for your spices, flours, flavorings, seasonings and the like? You may want to save space by having special little shelves or racks on the cupboard doors to hold all your spices.

Check every bit of storage space in your house. If it doesn't meet the standards set up for good storage, see what you can do to improve it. Make sure the storage space in your house rates an "A" for adequacy and accessibility.

-30-

ZAB:sf
11/23/54

FOR RELEASE ON OR AFTER FRIDAY, NOVEMBER 26, 1954

Sewing Velveteen and Corduroy

URBANA--Velveteen and corduroy are both popular this year for holiday fashions. However, they both present problems in cutting and sewing because they are napped.

Miss Ritta Whitesel, University of Illinois clothing specialist, says your garment will have a richer tone if you cut all the pieces with the "up" of the nap running toward the top of the garment.

To find the "up" and "down" of velveteen or corduroy, run your hand down the length of the fabric. If the nap lies smooth and flat, it is the "down" of the nap. If it feels slightly rough and appears darker, it is the "up" of the nap.

Avoid top stitching on velveteen and corduroy because the pressure foot will mat the surface. To help prevent matting, place tissue paper between the right sides of the material. For a smooth finish, pink and stitch or bind seam edges.

A velvet board is best for pressing velveteen and corduroy. Place the napped side down on the board and press with a steam iron. If you use a dry iron, use a slightly damp cloth on the wrong side. You can use a folded Turkish towel in place of the velvet board. Or stand your iron on end, hold a damp cloth on the wrong side of the fabric and run it over the iron, pulling it gently. Make sure the napped side is away from the iron.

-30-

ZAB:sf
11/23/54

FOR RELEASE ON OR AFTER FRIDAY, NOVEMBER 26, 1954

Washable Fabrics Most Popular for Children

URBANA--If there's a child on your Christmas list and you want to buy him clothing, remember that most mothers prefer washable garments.

Miss Ritta Whitesel, University of Illinois clothing specialist, says fabrics that are 100 percent synthetic or that are blends and mixtures of synthetics with wools or cottons adapt themselves well to easy upkeep via the modern washing machine.

Tweeds and ginghams in 100 percent nylon are now competing with the classic wool tweeds and cotton ginghams. Printed nylon fabrics are also taking the place of cotton prints for dainty, sheer blouses.

Acrilon, Dacron and nylon are some of the synthetics commonly used in making blends with wool, worsted and cotton that can be washed. Silk and cotton mixtures are also proving to be easy-to-care-for fabrics.

When you're selecting a child's garment that you expect to be washable, read the label to make sure it will wash. And, if the garment is to be a gift, be sure to leave the label on it so that the receiver will be able to follow the washing instructions.

-30-

ZAB:sf
11/23/54

for dailies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, DECEMBER 3, 1954

Let Your Child Help With Christmas

URBANA--Let your child help you get ready for Christmas. It will make him feel a part of the family group. The anticipation of Christmas day is part of his holiday happiness, too.

Miss Margueritte Briggs, child development specialist at the University of Illinois, says you're not doing your child a favor by getting ready for Christmas in secrecy in order to surprise him on Christmas day. A child needs experience with his family as a group in order to give him a feeling of unity.

Preparing for holidays offers a special opportunity for family group activities. Let your child help make cookies. Sacrifice the perfect look of some of your candy for the child's enjoyment in being allowed to help. Helping to decorate the Christmas tree can be one of the highlights.

Let your child help you wrap Christmas gifts for grandmother or grandfather, for uncles and aunts. In this way he will learn that there is just as much pleasure in giving as in receiving, Encourage him to make little gifts himself. It will give him a feeling of satisfaction and will help him to understand the true Christmas spirit.

-30-

AMS:sf
11/30/54

FOR RELEASE ON OR AFTER FRIDAY, DECEMBER 3, 1954

Sweeten Holiday Foods With Honey

URBANA--Sweet, golden honey is not only delicious, but also nutritious. And, moreover, the honey supply is especially good this year.

Miss Geraldine Acker, foods and nutrition specialist at the University of Illinois, says candy made from dried fruits and honey is an excellent treat that is easy to make. Put one pound of dried figs and one-half pound each of dried prunes, dried peaches and raisins through the food chopper. Add one cup of honey and one cup of chopped nuts to the fruit mixture, and knead it well. Then shape or press the mixture into a rectangle one-fourth to one-half inch thick. Cut into squares and roll each one in powdered sugar.

You can also use honey to make hard sauce for puddings and rolls and to make honey butter. They are both so easy to make and add that little extra touch that wins fame for the hostess. For honey hard sauce mix equal parts of honey and soft butter, and stir until well blended. Place in a glass container that can be tightly covered, and store in refrigerator until you are ready to serve it over steaming puddings, rolls or bread.

For honey butter you simply melt the butter, mix it with honey, and it's ready to pour over the breakfast pancakes or waffles.

-30-

AMS:sf
11/30/54

FOR RELEASE ON OR AFTER FRIDAY, DECEMBER 3, 1954

Christmas Special--Homemade Cookies

URBANA--Cookies for Christmas are as traditional as mistletoe and holly, and no one seems to remember just how or when the tradition started. But whether the cookies are for giving or for keeping, those from home kitchens are always counted "special."

If you want cookie baking to be fun, make it a family activity suggests Mrs. May Titus, member of the foods research staff, University of Illinois College of Agriculture. Even quite young children can help if they are given jobs they can do, and they'll profit by sharing in the fun and the giving.

Unless you want many different kinds of cookies, your favorite recipe for old-fashioned sugar cookies is a good starting point. Make the recipe in quantity, and then vary the shapes and the decoration. Stars, trees, candles, bells, wreaths and Santas are probably the most popular designs for Christmas. Gingerbread men are a "must" for young children and can be made of the sugar cookie dough.

Colored sugars--red, green, yellow--are easy to use and add sparkle aplenty. Christmas wreaths decorated with tiny red candies and bits of green cherry to resemble holly add a festive note to a cookie collection. Finely chopped nuts and whole nutmeats may be used to add texture and variety. Brush the cookies lightly with egg white before you add the decoration.

If you prefer, bake the cookies first and then decorate them. Be sure they are thoroughly cooled before adding any decoration.

-more-

FOR RELEASE ON OR AFTER FRIDAY, DECEMBER 3, 1954

Christmas Special--Homemade Cookies - 2

Icing made from confectioner's sugar, a portion of butter and just enough milk or fruit juice to moisten, is quick to make and easy to handle. Divide the recipe and add a drop or two of vegetable coloring to each portion. Red for Santa, green for trees and yellow for stars gives good variety. Use a chocolate icing for the gingerbread men, or spread with the white icing and then decorate with melted chocolate.

Just before the icing is set, with a toothpick trace borders, make buttons or faces or finish the design as desired. This gives children a wonderful opportunity to use their imagination in working out original designs.

-30-

JEH:sf
11/30/54

FOR RELEASE ON OR AFTER FRIDAY, DECEMBER 3, 1954

Suggestions for Sewing Wool Jersey

URBANA--Sewing on wool jersey need not be difficult, and a University of Illinois clothing specialist has some suggestions for you if you're planning to make a garment of this fabric.

Miss Ritta Whitesel says wool jersey must first be preshrunk if the label doesn't say it has been. Use the same methods as for other wool fabrics.

Except for novelty patterns, most wool jersey is tubular knit. When it is tubular, the right side is on the inside of the tube.

If the grainline is uneven or sags in the middle, slit the tube with the grainline down one side, and pull the jersey diagonally to straighten the grain. This should be done in the preshrinking process while the fabric is damp.

To prevent the edges from rolling while cutting out a garment, place your pattern on the wrong side of the fabric.

Use a fine machine needle: No. 11 for fine jerseys and the regular No. 14 for heavier weight material.

Set the machine for about 14 stitches per inch. Loosen the tension slightly, and feed the fabric loosely into the machine to avoid stretching.

Pinking is one of the best ways to finish seams on a wool jersey garment. If you use buttonholes and buttons or hooks and eyes for a closing, interface this section with batiste or other soft material that is not too heavy.

-more-

FOR RELEASE ON OR AFTER FRIDAY, DECEMBER 3, 1954

Suggestions for Sewing Wool Jersey - 2

Before markingthe hemline, let the garment hang for at least 24 hours to prevent sections of the skirt from sagging after the hem is in.

After your garment is made, hang it by the waistline or fold it and put it in a box or dresser drawer. Do not hang it on a hanger from the shoulders.

A wool jersey garment usually needs little pressing except at the seams and hem. The seams must be pressed as they are sewed, especially before they are crossed by other seams. Set the iron parallel with the rib of the jersey, never across it.

-30-

ZAB:sf
11/30/54

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, DECEMBER 10, 1954

Put Christmas Tree in Water

URBANA--Make sure your Christmas tree this year is as safe as it is attractive. The way to do it is to keep the butt of the tree in water while it's in the house. Refill the container daily with water as the tree absorbs it.

W. F. Bulkley, University of Illinois forestry specialist, says keeping the tree in water will help to prevent dryness that may mean a fire hazard. It will also keep the needles from dropping so rapidly.

When you select your tree, try to find out how long it's been cut. It will last longer if it has been cut recently.

Bulkley says balsam fir makes the best Christmas tree, but Douglas fir is nearly as good. Becoming more popular are the pine trees--Scotch, red, white and jack--which hold their needles from two to four weeks. Spruce trees will hold their needles only from three to ten days in the house.

-30-

ZAB:sf
12/7/54

FOR RELEASE ON OR AFTER FRIDAY, DECEMBER 10, 1954

Personalized Christmas Gifts From Your Kitchen

URBANA--If cooking is your hobby, let your kitchen be your Christmas workshop. From your favorite salad dressing to homemade jelly or those Christmas cookies that are so popular with your family...there are many things to delight your friends.

Mrs. Barbara McGrath, foods specialist at the University of Illinois, suggests candied fruit peels as a favorite holiday treat that is easy to make and rather inexpensive. Start saving orange, grapefruit or lemon peels now.

Wrap the peelings in waxed paper as you save them and store them in the refrigerator. When you have enough to candy, cook the peels in water until tender, drain and remove most of the white inner portion. Prepare a syrup made of one third cup water and one cup sugar. Cut the peels with a knife or scissors into thin strips, and cook them very slowly in the syrup until most of the liquid has been absorbed.

After you drain off the excess syrup, coat the peelings with granulated sugar. For a special treat dip the peelings into melted (dipping) chocolate after the sugar coating has dried.

Wrap your gift attractively or put it in some inexpensive but pretty dish to let others in addition to your own family enjoy your cooking art. And if you want to give your secret away, attach the recipe. Homemakers always get a thrill from receiving a special recipe.

-30-

AMS:sf
12/7/54

FOR RELEASE ON OR AFTER FRIDAY, DECEMBER 10, 1954

Pralines Make Christmas Treat

URBANA--Pralines are a favorite Christmas treat, especially when they have a rich brown color and that good caramel flavor.

Mrs. Pearl Z. Janssen, foods specialist at the University of Illinois, suggests this tested recipe:

2 cups of sugar
1 teaspoon soda
1 cup buttermilk
1/8 teaspoon salt
2 tablespoons butter or margarine
1 cup pecan halves

Combine sugar, soda, buttermilk and salt in a large kettle. Cook the mixture for about 5 minutes, stirring constantly. Add butter and pecans. Continue to cook the mixture until it has reached a temperature of 236° F. If you don't have a thermometer, test it by dropping some of the mixture into cold water. It has cooked long enough when a soft ball forms. Remove from heat, cool slightly for one or two minutes and then beat with a wooden spoon until thickened. Now drop by spoonfuls on waxed paper. This recipe will make about 14 pralines 3 inches in diameter.

Mrs. Janssen explains that about 1/2 teaspoon of the soda neutralizes the acid in the buttermilk; the other 1/2 teaspoon provides an alkaline that causes the sugar to caramelize. Some caramelization may take place before the boiling point is reached. But by the time the candy has reached the done stage, a considerable amount of caramel is formed that would not have been formed unless the additional soda had been added.

-30-

AMS:sf
12/7/54

FOR RELEASE ON OR AFTER FRIDAY, DECEMBER 10, 1954

Gift Wrappings Can Be Inexpensive

URBANA--"I paid almost as much for the wrappings as I did for the gift." How often have you heard that said or said it yourself?

With so many gifts to wrap this time of the year, the paper, cards, ribbons, seals and other decorations for packages can add up to quite a sum. However, Lowell Anderson, home furnishings specialist. University of Illinois, says you can wrap quite an attractive package at little expense.

He suggests using a little imagination. Look around the house and see what scrap materials you can find that would make an attractive or unusual wrapping.

Ends of wallpaper rolls, whether left over from your own walls or bought as odd stock at your local paint store, are especially pretty for large packages. Even newspapers can be used to wrap an extra-large package. Use the want-ad section as it is more attractive than the other pages. Then tie it with a great big red ribbon. Or you may want to use some left-over crepe paper for the bow. Just be sure to crinkle the edges.

Small pieces of aluminum foil or shelf paper from the end of the roll are excellent for wrapping those smaller packages. Or if you have a young child who fingerpaints, why not wrap gifts in some of his paintings?

White tissue paper can be made quite appealing by spattering it with red or green ink or water with food coloring added. For

-more-

a very fine spattering, brush the ink or colored water through a tea strainer. Or you may want to use stencils to make a regular design with the color.

For seals, cut out colored pictures from magazines, old Christmas cards or even small bits of wrapping paper, and paste them on the package. Or you can paste them on a small piece of folded construction paper to make an enclosure card.

For unusual ribbons and ties, rip up old clothing into strips and daub with silver or gold paint. To keep the ends from raveling, you can paint them or cut them with pinking shears. Old nylon tricot slips make good strips because they roll slightly and therefore do not ravel. Cut them about 1 1/2 inches wide.

And, of course, don't forget that acorns, pine cones or oak leaves, painted or shellacked and tied on top of the package will catch the eye of both young and old.

Coffee cans, shortening cans or other metal containers you may have on hand can be painted or covered with aluminum foil to make excellent containers for giving fruit cakes, cookies and candies to family and friends.

-30-

ZAB:sf
12/7/54

for dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER MONDAY, DECEMBER 13, 1954

Aids to Successful Carving

URBANA--When the expectant faces of your family watch Father carve the golden brown holiday bird, let the carving be another highlight of your dinner. You can help him a lot to make the job easier.

Miss Geraldine Acker, foods specialist at the University of Illinois, says good tools are part of the success. A large two-tined fork, preferably with a guard, and a thin-bladed, keen-edged knife are indispensable. Some carvers like to use poultry shears. If your tools are polished to gleaming brightness, they will be part of the table decoration rather than a bare essential.

Miss Acker says an overcooked bird can hardly be carved successfully. Therefore, take your bird from the oven before the meat falls from the bone. To keep the bird warm, use a large platter that has been preheated. Go easy on the garnishes, because an overloaded platter will not give the carver enough room to do the job. A perfectly roasted bird is its own best garnish; it doesn't need much decoration. Some crisp parsley around the bird will be enough. Paper frills around the drumsticks, however, are not only decorative, but also useful. They give the carver a chance to take hold of the leg as he removes it without touching the bird.

Enough meat should be carved to at least serve every guest. If at all possible the platter should be large enough to lay the carved portions on it for serving. If the bird is extra-large, use another plate for the carved pieces.

-30-

AMS:sf
12/9/54

FOR RELEASE ON OR AFTER MONDAY, DECEMBER 13, 1954

Selecting an Oven-Ready Turkey

URBANA--If you know what qualities to look for when you select your Christmas turkey, you'll be able to make a wiser choice, and a poultry specialist at the University of Illinois has some suggestions to help you.

Richard C. Eaton, says the market class of turkeys is determined by age, sex and tenderness of meat. The youngest turkeys are fryers or roasters. They run from 4 to 6 pounds in weight. The next class consists of young hen and young tom turkeys under eight months of age. These vary in weight from 6 to 25 pounds. And finally there are the tom and hen turkeys, which include birds over eight months of age varying considerably in weight.

Most of the Christmas turkeys belong to the young hen or young tom classification. To be of top quality, a bird should have a well-developed, moderately broad and long breast, well fleshed through its entire length, the flesh carrying well up to the highest part of the breastbone so that the bone is not prominent. Also, the legs should be well covered with flesh.

Eaton says fat covering is one of the most important points in determining quality from the standpoint of excellence of flavor and tenderness. The carcass should be well covered with fat over the breast, back hips and pin bones. In poultry the fat is deposited in the skin and immediately under she skin rather than dispersed throughout the lean flesh as it is in some other meats. Look especially for

-more-

a fat layer along the two main feather tracts on the breast and also for some fat between these tracts covering the entire area of the breast.

The feather tract down the middle of the back is generally the last area where fat is deposited. If you can find sufficient fat right there, you can be assured of a good general fat covering over the entire bird.

Select a bird that is free from pin feathers. Ready-to-cook or oven-ready turkeys have no protruding pin feathers.

And even if tears, cuts and broken bones do not detract from flavor, they do harm appearance. Tears might also permit the carcass to dry out. A wise homemaker is careful to get a bird whose skin is free from discoloration, blemishes, bruises and freezer burns.

-30-

AMS:sf
12/9/54

FOR RELEASE ON OR AFTER MONDAY, DECEMBER 13, 1954

Make Plastic Bags and Covers for Gifts

URBANA--Plastic bags and covers make practical but inexpensive Christmas gifts. You can easily make them yourself because plastic is available by the yard and you'll need no special tools.

Mrs. Alice Coleman, home management specialist at the University of Illinois, says there are two ways of making these plastic items. You can bind the edges with bias tape or seal them with heat.

When you use bias tape, use a rather large stitch on your sewing machine. Make sure that both edges of the plastic are against the fold in the tape as you sew. You will find this method a good one for making covers for mixers, toasters, grills and other appliances. The color in the tape can be keyed to kitchen colors also.

To seal the edges with heat, you'll need your ironing board, a warm iron and a press cloth of smooth cotton fabric.

First, test the temperature of the iron on some scraps of the plastic. To do it, lay the edges together, one on top of the other, on the ironing board. Then place the edge of the cotton press cloth over the plastic so that the edge of the cloth coincides with the edges of the plastic. With the side and point of the iron, "press" a half-inch strip along the edge of the press cloth.

Be sure you do not touch the plastic directly with the iron, because it will melt and stick to the iron. If you leave the iron on the press cloth too long, the plastic underneath will melt

-more-

and stick to the cloth. If you apply too little heat and pressure, the plastic edges will pull apart easily. Use a bit more pressure, and apply the heat for a second or two longer. If the bag is made of one piece, with the folded end at the bottom, it will be stronger than if there is a seam across the bottom.

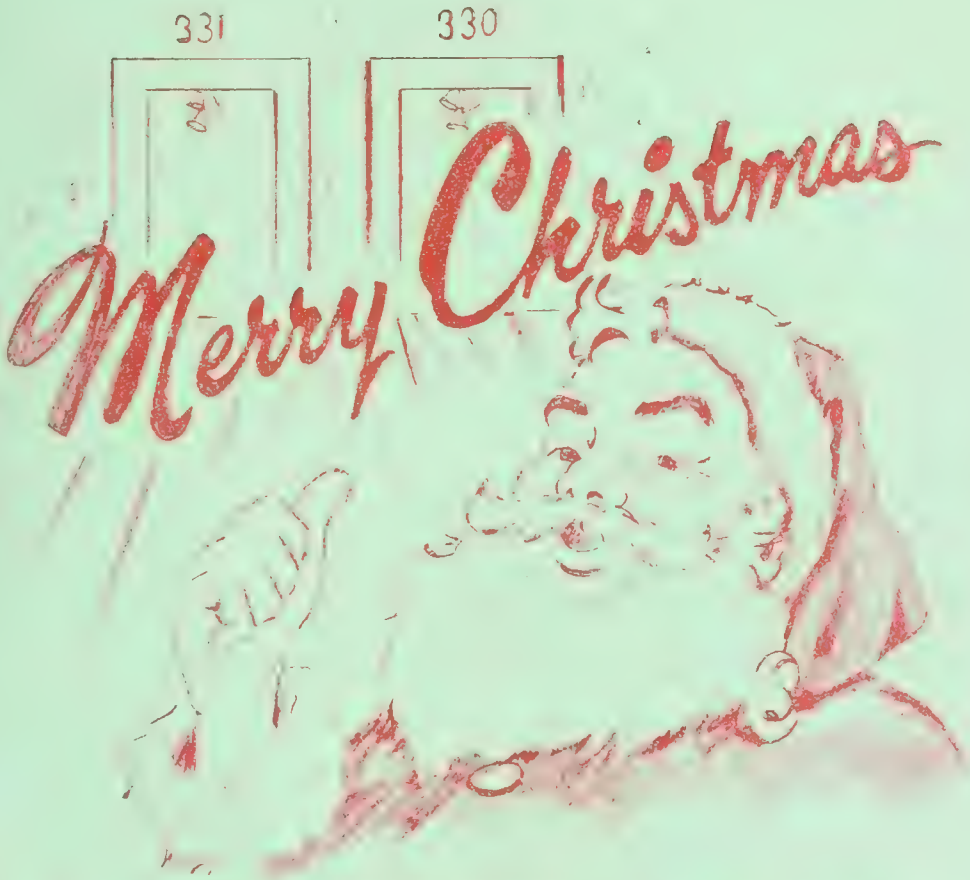
A drawstring, a zipper or grippers are all good closings but consider the purpose of the bag before you decide which to use.

-30-

ZAB:sf
12/9/54

Homemaking Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



from EXTENSION EDITORS

FOR RELEASE ON OR AFTER FRIDAY, DECEMBER 17, 1954

Make Holiday Decorations This Year

URBANA--If you make your holiday decorations instead of buying them, you'll find that you not only save money, but also enjoy yourself when you use a little imagination.

Miss Ellen Hansen, a member of the home furnishings staff at the University of Illinois, suggests that you look around the house for materials that can easily be made into attractive decorations.

For instance, to make a kissing ring for a doorway try covering two embroidery hoops with ribbon or tinsel. Place them at right angles to each other and add a bell, ball ornament or sprig of mistletoe inside. Attach a bow at the bottom if you wish. Instead of embroidery hoops, you may use can rings painted with gilt or tempera paints.

Evergreen branches of course can be used in many ways. But have you ever tried covering the wood molding abound a door with them? Or bending a wire coat hanger into a circle and attaching greens to it to form a wreath? You can add ball ornaments or bright cranberries to brighten it a bit.

Then how about decorating your windows and mirrors. Cotton, white spray paint or white paper snowflakes always look pretty. But if there's an artist in your family, why not have him paint a scene or jolly Santa on a window or mirror with tempera paints? Or you can apply pieces of cellophane to give the appearance of stained glass.

-more-

FOR RELEASE ON OR AFTER FRIDAY, DECEMBER 17, 1954

Make Holiday Decorations This Year - 2

Now check your walls. Is there a spot where a large ornament might attract attention? If so, get out that gilt paper left over from last year's gifts. Fold it back and forth to make fan pleats, make a stitch through one end, tie loosely and then tape or staple the two outside edges together to form a circle. You can add to the attractiveness by cutting out spaces (to look like snowflakes) before you staple the edges.

To make another large decoration for your wall tie or staple bunches of colored cellophane straws together to form huge stars and snowflakes.

Cut aluminum pie plates into designs or use them as background for designs made of other materials.

Another idea for your walls is to straighten a wire coat hanger and attach several boxes in the shape of sleighs. You can then put your Xmas cards in the boxes. Or secure a strong but flexible wire around a doorway so that you can clip cards to the wire. You can also use a piece of material as a backdrop to which you can pin the cards.

For your tree, try dipping egg shells or used photo flash bulbs in glue and then in sequins or glitter. Or glue beads to them instead if you prefer. Do you get foil caps on your milk bottles? If so, flatten them and attach strings to hang them on the branches.

And, of course, children still enjoy making chains from strips of colored paper or ribbon. They like to string popcorn and cranberries too. But be sure to give them a blunt needle for the job.

-30-

ZAB:sf
12/14/54

FOR RELEASE ON OR AFTER FRIDAY, DECEMBER 17, 1954

Consider Safety With Christmas Tree

URBANA--Before deciding where to put your Christmas tree this year, consider the safety factors.

This suggestion comes from Frank W. Andrew, rural electrification specialist, University of Illinois. He says that if you place the tree close enough to an electrical outlet you won't need to use an extension cord. That will eliminate the danger of shock from a faulty cord, difficulty in making good connections and the possibility of tripping over a long cord.

To further eliminate the possibility of shocks from faulty wiring, also try to locate the tree as far as possible from water pipes, radiators and radio ground connections.

If you put the tree in water to prevent the needles from dropping so early, be sure none of the wires dangle in the water.

The most satisfactory strings of lights are those that are wired in parallel--that is, when one bulb burns out, the rest remain lighted. Be sure that all the bulbs screw far enough into the sockets to prevent tinsel from contacting the metal part of the socket. The better strings of lights have a fiber washer that is pressed against the socket by the bulb. This keeps out foreign material and also prevents shocks if you touch the metal part of the bulb or socket when the lights are connected. Some of the new lights have a tiny individual 5-ampere fuse that will protect the lights in case of trouble without blowing the plug circuit fuse in the house. Buy some extra fuses when you buy such a string of lights. Any strings you buy should have the Underwriters Laboratory label on them.

-more-

FOR RELEASE ON OR AFTER FRIDAY, DECEMBER 17, 1954

Consider Safety With Christmas Tree

When a bulb burns out, leave it in the socket until you have a new bulb to put in. This will prevent material from falling into the open socket. To remove a broken bulb from its socket, first unplug the line from the outlet and insert a small cork in the broken bulb base. Then you can unscrew the remains of the base without cutting your fingers or damaging the socket.

Whenever you leave the house, be sure your tree lights are off. A branch may dry out and ornaments may slip and break, causing a fire if the filament of a broken bulb contacts some of the metal decorations.

If you must use extension cords, Andrew says to be sure you inspect them for frayed insulation, cracked outlets or broken plugs. Use only those in good condition. Also, be sure the fuse on the circuit supplying the tree lights and electrical toys is not more than 20 amperes.

-30-

ZAB:sf
12/14/54

FOR RELEASE ON OR AFTER FRIDAY, DECEMBER 17, 1954

Make Inexpensive Holiday Hat

URBANA--You can have a hat for the holidays that's high in fashion but low in cost if you make it yourself.

Miss Carol Zillgitt, member of the clothing and textiles staff, University of Illinois, says a holiday hat should be feminine, trimmed with glitter and sparkle and, above all, fun to wear.

The small shapes are best this year--pillboxes, shells and profiles--so select a small commercial buckram frame to cover.

Velvet is extremely popular this year, especially in black, pastel or vibrant tones, such as emerald green, cherry red and turquoise. However, white or pastel satin runs a close second to the velvet. Also popular are the white or gold brocades, tie-silk prints in background tones of gold or turquoise, and paisley prints. The paisleys and tie silks are especially good if you want to make a matching ascot to dress up last year's coat.

For trimming, Miss Zillgitt suggests that you use your imagination, because almost anything will do--so long as it's in good taste. One possibility is to drape veiling, such as fine malines, in matching or contrasting color around the hat.

For glitter, you can use star-shaped sequins or pearlized sequins. They are especially attractive when used to highlight the designs in tie-silk prints or paisleys. Rhinestones, mica snow or jet beads are also effective. Even tiny Christmas tree balls can be attractive.

-more-

FOR RELEASE ON OR AFTER FRIDAY, DECEMBER 17, 1954

Make Inexpensive Holiday Hat - 2

You can also use flowers. Apply tiny ones to the frame individually to make an "all-over" flower hat. Or simply use one large silk or velvet flower at the center front or center back of a pillbox.

Remember that besides the frame, the covering and the trimmings you'll need a piece of French crepe or taffeta for the lining and a piece of belting for the inside headband. If you sew combs to the inside headband of the hat, it will be secure and you won't need a hat pin.

You may wish to brighten a hat you now have rather than make a new one. For instance, you might add a rhinestone pin or jet beads to a black velvet hat. Or, if you have a light felt, try trimming it with pearlized sequins.

Whether you make a new hat or brighten up an old one, combine your imagination with good taste and you'll find it fun to wear your holiday hat.

-30-

ZAB:sf
12/14/54

FOR RELEASE ON OR AFTER FRIDAY, DECEMBER 24, 1954

Let Your Children Have a New Year's Party

URBANA--Why plan to have a New Year's party only for grown-ups? Your children will enjoy one just as much as you will.

Miss Margueritte Briggs, child development specialist at the University of Illinois, says children should be included in the party planning. If they can share in the fun, they'll probably be more willing to go to bed at night so that you can entertain your own friends.

Plan the party for early afternoon so that it won't interfere with their appetites for dinner and with your own plans. Let them help you make out the invitation list and decide upon refreshments.

It will help if you guide their decisions. For instance, give them a choice between milk drinks and fruit drinks. If they want a hot fruit punch,ask them whether they'd likeice cream or cupcakes with it. If they decide on a cool drink, you'll probably want to give them a choice of cookies or cake.

Give the party a special New Year's touch by sticking little flags with 1955 written on them into the cakes or putting 1955 on the cookies with colorful icing.

Firecrackers, confetti or funny paper hats will add to the fun.

-30-

AMS:sf
12/21/54

FOR RELEASE ON OR AFTER FRIDAY, DECEMBER 24, 1954

Serve Hot Punch For New Year's

URBANA--A hot spicy punch is part of many a New Year's party, whether it is for the youngsters or the grown-ups.

Miss Geraldine Acker, foods specialist at the University of Illinois, says apple cider is plentiful now. Why not make use of it? Mulled or spiced apple cider, served steaming hot, will warm both the body and the spirit. For five servings use about one quart of sweet apple cider, eight whole allspice, eight whole cloves, one fourth cup of sugar and a few grains of salt. You might also want to add a stick of cinnamon or serve it with cinnamon sticks in the glasses.

The secret of a good mulled or spiced cider is to heat it slowly--so slowly that it takes about half an hour for a quart to come to a boil.

If you want to serve something different, try mulled grape juice. Prepare it like the spiced cider, although you may not want to use so much spice.

And heated pineapple juice served with cinnamon sticks is another suggestion for something that is different and at the same time easy to prepare.

-30-

AMS:sf
12/21/54

FOR RELEASE ON OR AFTER FRIDAY, DECMEBER 24, 1954

Save Some Toys for Rainy Day

URBANA--You do your child a favor when you tuck away a few toys from the Christmas surplus.

Miss Margueritte Briggs, child development specialist at the University of Illinois, says too many toys confuse a child. He will lose interest quickly if he tries to play with all of them.

Store those toys that your child cannot enjoy because he is too young for them. A tiny tot is likely to tear a story book apart and chew on the pages, but he will appreciate the book when he is three to four years old. A fuzzy, soft animal is not suitable for a baby, who puts everything into his mouth. Keep it until he can safely enjoy it.

Even if you just store some toys to give your child something brand new to play with a month or so after Christmas, you will prolong his interest in them. And it will also help to bring Christmas to a more gradual end.

-30-

AMS:sf
12/21/54